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Rural Hall Woman's Club

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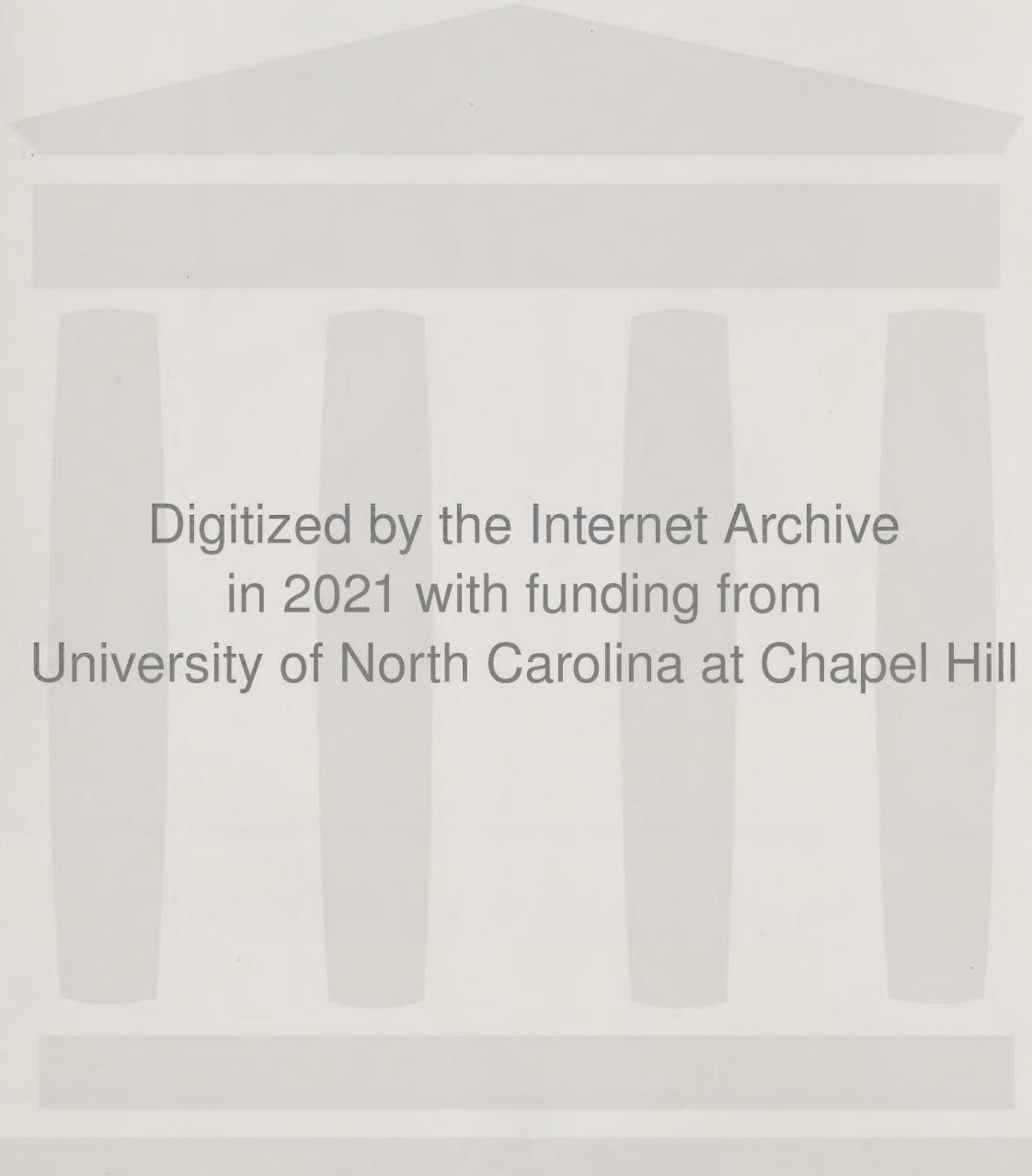


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# HISTORIC Cook book

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(Continued) YOUTH

## A BRIEF HISTORY OF RURAL HALL

Because a passing soldier of General Nathaniel Green's picked a spot closeby for this future home, Rural Hall became a place on the map.

With all the traipsing back and forth the Revolutionary War armies of General Greene and other commanders did in this section, many of their soldiers kept a weather eye cocked at the lush territory through which they traveled, with the intention of eventually coming back to settle, provided they survived.

Because one such soldier picked out a spot he liked and later came back to settle on it, Rural Hall was started.

About three centuries ago Ludwig Bitting, forebearer of the numerous Bittings of Forsyth County, pulled out of his Rhineland home in Germany and settled in Germantown, Pa. During his government enforced tour of the south as a soldier of General Greene, his son eyed a choice spot near what is now Germanton, N.C.

Ludwig Bitting II settled at Germanton after the war and helped to start that town.

His son, Anthony Bitting, tanner and saddler, also settled near Germanton. But Anthony Bitting II, purchased land where Rural Hall now stands. Here he erected a home known as "the Bitting House,"

The Bitting House was a stage coach stop providing refreshments for travelers and water, food and rest for the horses pulling the "stages". This stage route ran from Winston Salem to Mt. Airy via Germanton. At times the travelers would spend the night at the Bitting house.

The long halls of the Bitting house were very popular for gatherings of travelers, neighbors, and people wanting to learn about other places from talking with the travelers.

The postmaster general established Rural Hall's first post office in the Bitting house. The post master in Winston-Salem would tell the stage coach driver, "this mail goes to the 'hall'-the 'rural' hall." Thus the name Rural Hall!

The Bitting house was torn down in 1949 when highway 52 (not highway 66) was widened. All materials were purchased and used by Mr. B.V. Richard in his home when he restored the old Ziglar home about two miles south of here. The Duke Power office and Taylor's Garage now occupy a part of the land where the original Bitting house stood.

In a newspaper article the late Harvey Dinkins stated that the old Bitting house stood near the center of the Bitting Plantation consisting of hundreds of acres. He also said that much of Rural Hall now covers acres included in that plantation. This acreage was originally known as the Moravian Woods (or the Wachovia Tract).

P87879  
Gift - L.B. Pope

About 1887 the Atlantic and Yadkin railroad was built from Wilmington to Mt. Airy and was run through Rural Hall. This coming of the railroad required the laying out of lots for homes and businesses so that the place could be called a town. The railroad's coming also required the acquiring of land for a right of way. Soon the Southern railroad was built from Winston -Salem to Elkin via Rural Hall and met the A and Y here.

The first store here was built by Bitting Brothers and Anthony L. Payne. The Bitting Brothers soon sold their share of the store to Mr. J.C. Lawrence. This enterprise soon folded and Mr. A. L. Payne built a sotre which still stands (1908).

The building that was the hatchery a few years ago was built by Mr. E.A. Helsabeck. When first built and used, it was a store and sold fountain drinks. On the second floor Mr. Charles Robert Helsabeck had his lawyers office. Some of his clients had difficulty climbing the stairway and so he moved across the railroad to a small building near his home (once Jean's Beauty Shop).

At the place where the present hardware store is ,ladies' hats were made and trimmed. Right behind this store Mr. Felts operated a blacksmith shop. The other blacksmith shop was really a livery stable in 1910. This was later the Ford sales and service establishment run by Mr. N.O. and R.Y. Covington and Mr. Virgil Wilson.

Wilson Brothers'Lumber Company was once a roller mill run by Burke, George and Will Wilson all from Pfafftown. In 1921 it became a lumber company and has been growing and prospering ever since.

The largest grocery store in Rural Hall had its beginning as Miller and Wolffe Company. This evolved into Kiser and Griffin Company (1918). Mr. Griffin sold out and the establishment was operated under the name of E. L. Kiser Company Super Market for many years. Some people still call it by that name, but the proper name at this time is Shop Rite, a member of a chain of stores.

Brady Furniture Company has quite a unique history. Before 1920 it was known as Claude Kiser Spoke and Handle Company. (Those of you who are not familiar with spokes, they're parts of wheels). Tom Alderman bought this business and made "unbreakable toilet seats." After that Jesse Wall turned this business into a chair factory in 1936. Now this place of business is a very prosperous furniture factory, making upholstered furniture the wood of which is fine maple.

Along the street where the present post office is was a line of buildings. One was a pool room, one a saloon built by a Dr. Hauser, Dr. Flynt later converted the saloon into the first drug store here. The post office operated right by the (Saloon) drug store for many years. Then it was moved to the antique shop, then to what is now the village library (fomrerly a sandwich shop and then a 5 & 10¢ store) then to the present place once occupied by the old hotel.

The hotel was built in the 1890's by several men, headed by a Mr. Beck. Beginning in about 1911 Mr. Jim Ogburn took over the operation of the hotel and with the help of his wife and children the hotel housed many travelers plus teachers and other people from the area that did not choose to run a full house for themselves.

In perhaps the worst fire Rural Hall has ever experienced (since the A. L. Payne store burned in 1904), the old hotel burned in 1959. One man lost his life in this fire. A thoughtful and alert turck driver passing through in the wee hours of a Sunday morning noticed the fire and gave the alarm.

A Mr. Peddycord established the Rural Hall veneer plant in the early part of the century. He sold out to Mr. Will Stauber about 1920. At Mr. Stauber's death the business went to his son, Mr. Lec Stauber and his grandson, Lec Jr. This is still an up and coming enterprise employing several local people.

Right in the middle of Rural Hall, almost directly in front of A. L. Payne and Sons store, there was a well. This well was put there to provide fresh water for people and animals traveling through the town and for the people from the nearby communities who came to town shopping.

Commerical and Farmers' Bank was organized in 1906 by Mr. E. E. Shore. It was first located in the row of buildings near the station right next to the post office until 1922 or 1923. It then bought out Mr. A. J. Long's casket factory and built a bank across Main street from A. L. Payne and Sons store. Under the leadership of Mr. O. L. Kiger in 1958 the bank built and moved into a new modern building across the railroad almost oppostie the new post office. It now has a branch bank at Stanleyville and anticipates building another in the Village Square Shopping Center (Near where highway 65 crosses 52 by pass) in the near future.

The first school here was conducted by the Quakers from Guilford College and taught by a Mrs. Neeley. The original building, still standing, was once used for the telephone exchange. (Before that it had been used by campers passing through). It is now being used as a dwelling and has been for many years.

The first high school was a two story frame building and stood on just about the spot between the two existing buildings. This too was under the supervision of the Guilford College Friends. The money at this time was furnished by subscriptions from the interested citizens.

The high school was blown down by a storm. But the Rural Hall citizens would not be outdone. They salvaged the parts left by the storm and built a tymnasium. About this time the state and then the county took over the schools. This kind of setup is still in existance.

There are quite a few new businesses in town. Some have gone and others have come to take their places or just pushed themselves in, period! There are also many other items of interest that should be told, but you remember in the beginning I promised to be brief.

I got my information from talking with some of the older residents and by reading gleanings that this youngster or that high hopeful had written in school in order to meet a requirement made by some demanding or shopisticated teacher before the days of the open classroom.

Some of the people from whol I received direct hlep were Mr. Ancus Payne and his daughter Diane (Payne) Arrowood plus his grandson Todd Arrowood. Their contributions were from notes of Johnny Arrowood, Keith Kapp and Elhert Krueger.

Another person that spent considerable time and effort in hunting up papers for me is Mrs. C. Robert Helsabeck. Her contributions are from notes taken by her son, Ricky Helsabeck, as he listened to his grandfather, Mr. Charles Robert Helsabeck, Sr., give his version of Rural Hall's beginnings. Jim Ogburn and Frank Strupe also gave me some interesting information.

#### HISTORY OF RURAL HALL WOMAN'S CLUB

These are some of the facts concerning the beginning of women's club work in Rural Hall. These facts which have been collected at various times from Rural Hall's first Club Women, may not be absolutely accurate, but it is hoped that they are practically so.

Mrs. Ellen Lash Miller is given the credit of having begun the club work in Rural Hall. This first club, known as The Magazine Club, was organized aobut 1892. The members were: Mrs. J. F. Miller, her sister, Miss Lilly Mae Lash; Mrs. J. Walter Wolff, and her twin sister Mrs. Anthony Payne, Mrs. W. G. Hailey, and her brother,Dr. B. T. Bitting, and Dr. S. S.Flynt, and later his bride, formerly Miss Sallie Stauber, and Miss Lillie Wall.

The members met every other Saturday afternoon to exchange magazines to discuss articles and current events.

The Magazine Club was changed to the Wednesday Afternoon Book Club in 1909. Miss Lilly Lash is given credit for the book club movement. THis club met every two weeks on Wednesday afternoons, exchanged books, and spent pleasant sociable afternoons together. The "round of books" would be completed and a new list gotten.

This club joined The North Carolina Federation of Women's Club of April 21, 1926 under the sponsorship of Mrs. C. C. Hall of Mount Airy President of District 6. The members were: Mrs. J.A.P. Wolff, Miss Lilly Lash, Mrs. N.O. Covington, Mrs. S. S. Flynt, Mrs. E. A. Helsabeck, Mrs. V.A. Wilson, Mrs. J. L. Styers, Mrs. R. Y. Covington, Mrs. A. L. Payne, Sr., Mrs. O. M. Kiser, Mrs. K.D. Shockley, Mrs. Mattie Hailey, Mrs. A. L. Payne,Jr. Mrs. W. P. Smith, Miss Sadie Wilson,MIss Clara Stoltz, Mrs. Carl Hine, and Mrs. R. M. Cox. Mrs. J.A.P. Solff, President and Mrs. E. A. Helsabeck, Secretary.

## HISTORY (continued)

In 1929 the Wednesday Afternoon Book Club joined the General Federation of Women's Clubs, changed its name to The Wednesday Afternoon Woman's Book Club, and met every other Wednesday.

In March 1938, the name was changed to The Rural Hall Woman's Club and met on Tuesday night twice a month. About 1940 they began meeting once a month on the second Tuesday night.

These facts were compiled by Mrs. E. A. Helsabeck.

In 1975 the club has 20 members, maintains, and has programs in the six departments of club work, contributes to all state and federal projects. For the past few years the club has been active in the fine arts department, sponsoring a senior from high school in the scholarship department. Also this year the club is sponsoring a senior in the music contest, the club has sponsored the Girl Scouts and a spelling contest in the local schools. It cooperates and assists all local civic organizations in their work. We are proud of maintaining our status as an honor club for many years. Revised by Mrs. A.C. Payne.

## RURAL HALL WOMAN'S CLUB

ORGANIZED 1892

Joined State Federation 1926

Joined National Federation 1929

## OFFICERS

THEME: "VOLUNTEERS IN ACTION"

President, Mrs. Milton Kiger

Asst. Secretary, Mrs. Wilburn Shouse

Vice President, Mrs. W.A. Smith

Treasurer, Mrs. Harold Grubbs

Second V.President, Mrs. Alfred Stultz

Asst. Treasurer, Mrs. Mack Eller

Secretary, Mrs. Cameron Payne

Reporter, Mrs. Cameron Payne

## FINANCE COMMITTEE

Mrs. Harold Grubbs, Chairman

Mrs. Mack Eller

Mrs. A. C. Payne

Mrs. Milton Kiger

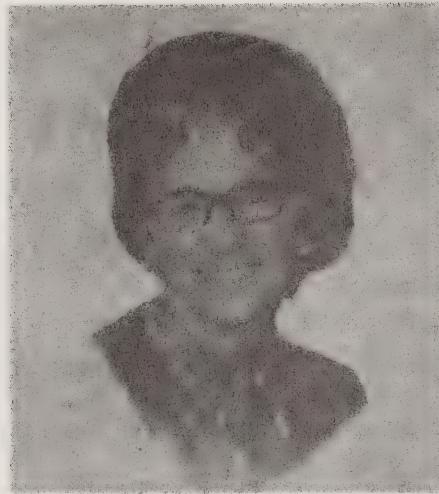
## CLUB PROJECT

Chairman, Mrs. Alfred Stultz

Volunteer Services, Mrs. I.B.

Music Mrs. Audrey LeGrand

Whittington



#### A TRIBUTE

For many years Virginia Clayton Phelps contributed her time, her talent and her gifts to the Rural Hall Woman's Club.

Until a few years ago, when she suffered a paralyzing stroke that kept her confined to her home, she was a faithful member in her attendance and her gifts. She served as a very capable president, also in other offices, and as chairman of many committees. She is gifted with a charming personality, and in her active years a great store of energy. She has been an inspiration to all who have known her.

The Rural Hall Woman's Club is happy to have this privilege of honoring a much loved and admired member of our organization

"A TIMELY TRIBUTE"

By: C. Truett Chadwick

(With deep appreciation and due apologies to Henry W. Longfellow)

Listen, my friends, and you shall hear  
Of two beautiful people we've all held dear.  
They've lived right here in our own fair town,  
Yet, far and wide they have won renown,  
Filling our lives with love and cheer.

He was of Rural Hall, born and bred  
In a family that respected and tilled the soil,  
And faced each day without fear or dread,  
Reaping the first fruits of honest toil.  
With faith in each other and devotion to God,  
Plus a fatherly push and a motherly prod,  
Everyone worked and did his best,  
Till the time came for each one to leave his nest,  
Eager to gain his personal quest.

She came from the neighboring county of Stokes,  
From a family of God-fearing, hard-working folks.  
Being only one sister to six lively brothers,  
She learned quite early to care for others.  
She mastered housework, did laundry, and learned to cook  
With skill and finesse and scarcely a look  
At the family's favorite recipe book  
One event in her young life she'll always recall-  
When Papa gathered his brook and moved them all to Rural Hall

So, it came to pass, in accord with God's plan,  
That the lad from Rural Hall chanced to see  
In the young lass from Stokes a fair bride-to-be.  
He wooed her, he courted her, and around her he tarried--  
As ardent a suitor as you'd see in a man.  
Those sweet days of courtship passed joyous and free,  
And May 7, 1924 saw them happily married.

From the start, their married life centered in church.  
He was of Methodist bent and frame,  
While she from a long line of Baptist came.  
Few doctrines, she felt, would fall from their perch  
If she joined the church of the man she had wed.  
Both worked faithfully, leading and led.  
For forty-five years, in foul days and sunny  
He counted and kept up with all the church money.  
Meanwhile, chairing church fellowship functions--  
Serving where needed without fear or compunction--  
Was the dear wife he lovingly referred to as "Mommie".

She received a UMW Life Membership pin,  
Given each year as a special award  
To one who has worked exceptionally hard,  
Asking not when to quit, but where to begin,  
She coordinated the work of the Methodist girls,  
Circle Leader, Choir-member, she went 'round in whirls;  
UMS Treasurer, Christmas programs in December.  
And a Communion Steward all love to remember.  
As busy as she stays, don't fret about sin--  
There scarcely is time for it to get in!  
But wait! Another banner unfurls:  
She's been a Woman's Club member for about forth years,  
And in Garden Club and Senior Citizens, she's there with per peers.  
But her joy and delight, above all the others,  
Is the help that she brings to her "sisters" and "brothers"  
To the sick and the sorrowing, the lonely, the new,  
She appears, food in hand, to say "I care about you."

Meanwhile, let's go back to the man  
She married and see if anyone can  
Find a busier, happier person than he,  
As his life seemed to follow the Master's plan.  
Wholesome and helpful, winsome and free.  
As long as he lived, he would always thank  
Mr. E. E. Shore for a job in his bank,  
Just out of high school, he was eager, but green.  
Yet, Mr. Shore apparently liked what he'd seen.  
He made him an offer in nineteen and twenty.  
Saying, "Come with me, son, and I'll teach you plenty."  
He jumped at the chance, setting his sight  
Not in the valley, but clear to the height.  
He labored with zeal--didn't dally or shirk--  
And he caused those who observed him to cry with delight:  
"Here is a young man who came out to work!"

The young man worked hard and applied himself well--  
"Assistant Cashier", then "Cashier," and finally by dent  
Of talented effort, he became "President;"  
And, as he advanced, it's a pleasure to tell  
The business so prospered it soon outgrew  
Its old location and moved into new  
Modern facilities; and with little more ado,  
A new branch was added at Stanleyville.

His success as a banker brought him much fame.  
Even his competitors joined in the acclaim  
Of one who consistently, for fifty two years  
Had applied in his business the old Golden Rule,  
Seeing in each customer a friend, not a fool.  
To be used, then abusively cast off in tears.

TRIBUTE (continued)

Church, home, and business: but still there is more--  
Community needs cried out to be met.  
And we how have known them can only implore"  
"Lord, give us more like them--people who can  
See the value in serving their fellowman.  
For, in doing for others, ourselves we forget."  
United Fund; the School Board; the Precinct Committee--  
He gave them his best. While she, for her part,  
Poured a bit of God's love into other folk's heart.  
And he served as a Forsyth Hospital Trustee,  
Building a temple of healing for ages to be.

She follows her hobbies: fishing, cooking and canning,  
Ceramics, needlework, and flower-arranging.  
He played croquet, "plot gardened," and found it real fun  
To put his feet up and rest in the sun.  
But the greatest of joys they found on this earth,  
Was in the two children to whom they gave birth:  
A daughter and son, who with husband and wife  
Have brought five lovely grandchildren to add zest to their live.

Who is this "their," this "he," and this "she?"  
Just who is this we have taken the time  
to write, and to read about in rhythm and rime,  
With such deep devotion and obvious glee?  
As I said at the start: 'Listen, my friends, and you shall hear  
Of two beautiful people we've all held dear.  
They've lived right here in our own fair town,  
Yet, far and wide they have won renown..'  
They've been our mutual friends, the finest kind,  
So join in with me and raise your voice higher  
In tribute to two, as great as you'll find:  
Bealie(Baker) and the late Oscar Lee, nickname "Buck", Kiger.



"A TIMELY TRIBUTE"

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MEATS and CASSEROLES

PARTY IDEAS & MISCELLANEOUS

## *MATCH DESSERT WITH MEAL*

Remember that a heavy dessert goes with a light meal and a light dessert with a heavy meal. Pies and cakes are considered heavy desserts. Light desserts are fruit desserts, custards, sherbets and gelatin desserts.

Remember, too, the other foods in the meal and what is needed in the meal to make it balance nutritionally. The dessert you choose will be an added attraction to any meal. You'll want to choose a dessert that will complement the meal.

How much time do you have to prepare the dessert? Some take more time than others. Cost may be important in your choice of desserts. So may the season. In general, heavy desserts are usually served in winter and light desserts in spring and summer.

## *Added Touches Make It Pretty*

You can change a plain dessert into a masterpiece. Just use your imagination and try some new garnishes. A little goes a long way. Don't use too much.

You'll enjoy trying some of these glamorous garnishes.

**SUGARED GRAPES** — Dip wet grapes in granulated sugar; refrigerate until needed.

**FROSTED GRAPES** — Dip grapes in slightly beaten egg whites; coat with granulated sugar. Place on waxed paper to dry.

**TOASTED SLIVERED ALMONDS** — Blanch whole almonds; remove skins. Finely chop almonds and put in medium hot skillet. Stir constantly until medium brown. Almonds may also be toasted on cookie sheet in slow oven.

**GUMDROP FLOWERS** — Between two sheets of sugared waxed paper, roll gumdrops. Cut into shape of petals and leaves. Arrange on cake in shape of flower.

**CHOCOLATE LEAVES** — Wash and dry rose leaves. Melt semisweet chocolate squares. Using a small paint brush, coat the underside of the leaves with chocolate. Refrigerate. When chilled, remove leaf by peeling off with a knife. Place chocolate leaves on waxed paper and chill until ready to use. Decorate cake and refrigerate until serving time.

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## Stuffed Avocados



## DESSERT SPICE CHART

ALLSPICE.....Plum puddings; fruit cakes; fruit compotes; baked bananas; cranberry dishes; spice cake; molasses cookies; tapioca pudding; chocolate pudding; mincemeat.

ANISE.....Coffee cake; sweet breads; cookies; fruit compotes; stewed apples; fruit pie fillings; licorice candies.

CARDAMOM.....Danish pastries; buns; coffee cake; baked apples; fruit cup; pumpkin pie; cookies; frozen ice cream pudding.

CINNAMON.....Buns; coffee cake; spice cake; molasses cookies; butter cookies; custards; tapioca; chocolate pudding; rice pudding; fruit pies; stewed fruit; hot cocoa and chocolate drinks; over vanilla ice cream.

CLOVES.....Stewed fruit; apple, mince and pumpkin pies; spice cake; rice pudding; chocolate pudding; tapioca

FENNEL.....Coffee cake; sugar cookies; apples in any form.

GINGER.....Cookies; spice cake; pumpkin pie; Indian pudding; baked, stewed and preserved fruits; applesauce; custard.

MACE.....Gingerbread batter; stewed cherries; doughnuts; cakes; pound cakes; fruit pies.

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home



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# CALENDARS - 1800 TO 2050

I N D E X

1800...4	1828...10	1856...10	1884...10	1912...9	1940...9	1968...9	1996...9	2024...9
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1808...13	1836...13	1864...13	1892...13	1920...12	1948...12	1976...12	2004...12	2032...12
1809...1	1837...1	1865...1	1893...1	1921...7	1949...7	1977...7	2005...7	2033...7
1810...2	1838...2	1866...2	1894...2	1922...1	1950...1	1978...1	2006...1	2034...1
1811...3	1839...3	1867...3	1895...3	1923...2	1951...2	1979...2	2007...2	2035...2
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1813...6	1841...6	1869...6	1897...6	1925...5	1953...5	1981...5	2009...5	2037...5
1814...7	1842...7	1870...7	1898...7	1926...6	1954...6	1982...6	2010...6	2038...6
1815...1	1843...1	1871...1	1899...1	1927...7	1955...7	1983...7	2011...7	2039...7
1816...9	1844...9	1872...9	1900...2	1928...8	1956...8	1984...8	2012...8	2040...8
1817...4	1845...4	1873...4	1901...3	1929...3	1957...3	1985...3	2013...3	2041...3
1818...5	1846...5	1874...5	1902...4	1930...4	1958...4	1986...4	2014...4	2042...4
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## DIRECTIONS FOR USE

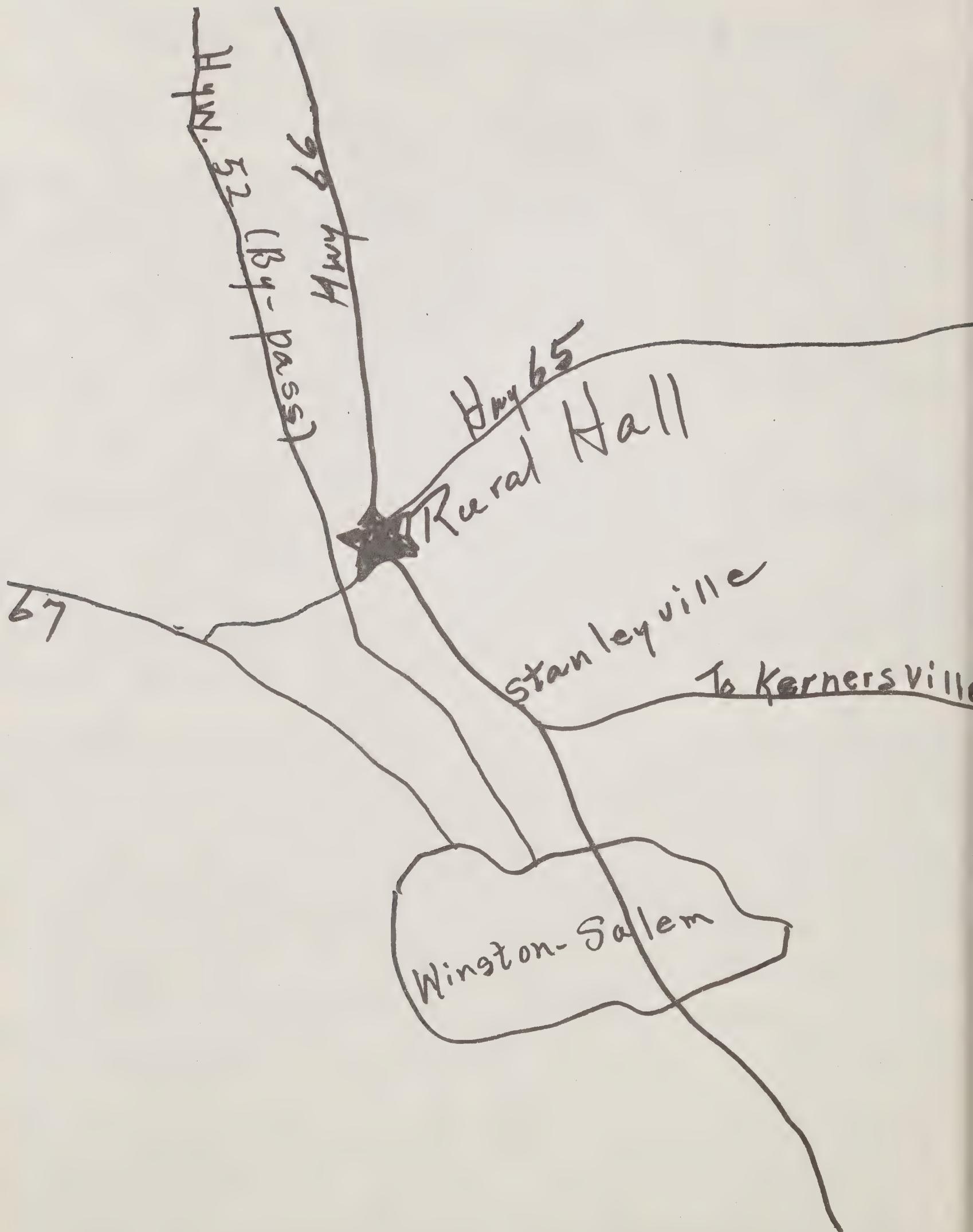
Look for the year you want in the index at left. The number opposite each year is the number of the calendar to use for that year.

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JANUARY							MAY							SEPTEMBER						
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JANUARY							MAY							SEPTEMBER						
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## Cold Beets in Mustard Dressing



## Kingston Stuffing



## HIGH ALTITUDE BAKING

At sea level, atmospheric pressure is 14.7 pounds per square inch; at 5,000 feet altitude, it is 12.28 pounds per square inch; and at 10,000 feet, 10.2 pounds per square inch. The higher the elevation, the lower the pressure.

As air pressure drops, water boils at lower temperatures. At sea level, water boils at 212°F. Each 500-foot increase in altitude causes a drop of about 1°F. in the boiling point. At very high altitudes, boiling water is relatively "cool". Since heat, not boiling, cooks foods, more time is required for food to reach the desired internal cooking temperature at higher altitudes.

Problems of altitude cookery are of two classes—boiling and leavening.

At altitudes above 3,500 feet, increase the oven temperature 25° over the temperature required at sea level. For example, cakes baked at sea level at 350°F. should be baked at 375°F. at all altitudes over 3,500 feet.

In high altitudes, flour may become excessively dry unless it is stored in airtight containers. More liquid than the recipe calls for may be necessary to bring a batter or dough to the correct consistency.

## PUDDINGS THAT PLEASE

Hot or cold a tasty pudding pleases the most discriminating. Some puddings, such as the steamed ones and baked batters and doughs, become soggy when cold. Souffles must be served hot because they begin to fall as soon as they are taken from the oven. Some puddings may be chilled almost to the point of freezing before being served. To keep puddings from developing a tough surface while in the refrigerator, put waxed paper or clear plastic wrap directly on the surface of the hot pudding.

For steamed puddings, molds may be fancy or as practical as a clean coffee can. Grease the molds and tops generously. Fill the molds one-half to two-thirds full. Secure a piece of waxed paper with a rubber band over the top of the mold to prevent the water from condensing and dropping onto the pudding. Have rapidly boiling water that will reach halfway up the sides of the mold ready in a steamer or deep covered kettle with a rack. Place the molds in the water and steam for the designated length of time. If desired, place pudding in oven for five minutes to dry the top after steaming.

### *Tempting Custards*

You can cook perfect custard every time. The common causes of custard failure are cooking too long or cooking at too high temperature.

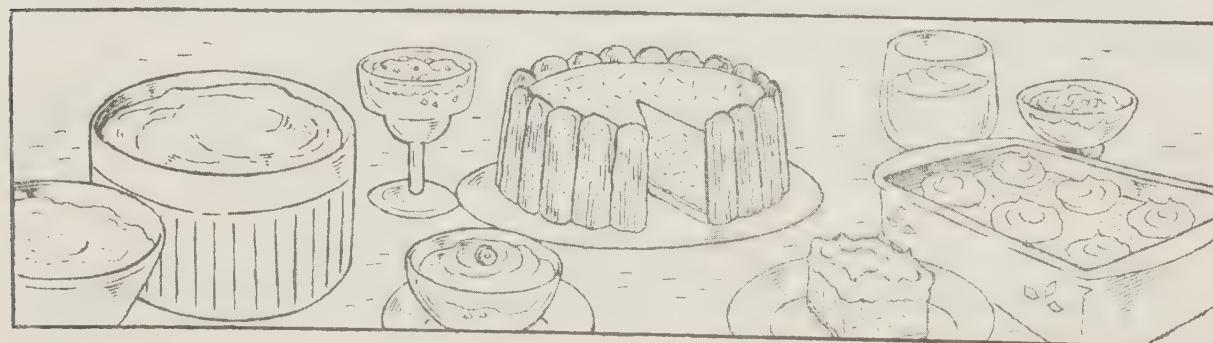
A baked custard should be poured into cups and the cups set in a pan of water. Bake in a moderate oven only until set. To test for doneness, insert a knife near the edge of the custard. If the blade comes out clean, the custard will be solid all the way through when it is cool. There will be enough heat stored in the cups to finish cooking the custard when it is removed from the oven. Cool the custard on a rack.

If, when tested, the custard is as well done in the center as on the edges, place the cups in ice water immediately to stop further cooking.

For custards cooked on top of the stove use a double boiler. Do not cook over high heat. Beat the eggs well. Add about  $\frac{1}{4}$  cup of the hot liquid to the eggs. Slowly add the rest of the hot liquid, stirring constantly.

Cook over hot water until the custard is thick enough to coat a metal spoon.

Remove from heat and strain the mixture. Continue stirring to release the steam. If the steam is allowed to condense it may make the custard "watery". If the custard gets too hot while cooking, turn it into a chilled dish and whisk quickly or blend at high speed in blender to cool rapidly.



# Salmi of Cold Turkey

Sauté 2 Shallots finely chopped in 2 Tablespoons BUTTER until just transparent  
 add  $\frac{1}{2}$  cup dry Vermouth •  $\frac{1}{2}$  cup pitted ripe olives • a pinch of rosemary & thyme  
 blend in 2 cups diced TURKEY • 1 cup leftover gravy or 1 can beer gravy • salt • pepper • lemon juice to taste  
 Pour into a Casserole & add 1 package frozen peas • Bake in 350° oven 35-40 minutes • Serves 4

## Eggplant in Coconut Cream

Peel & thinly slice 1 large eggplant. Arrange in BUTTERED oven PROOF dish. Cover with  
 three large onions finely chopped. Sprinkle with 1 teaspoon DRIED hot chili Pepper, salt &  
 ground PEPPER to taste. Pour over 2 cups coconut cream. Cover & bake at 350°  
 for 45 mins. Uncover & bake ten minutes longer. Serves four to six.

## TOP IT OFF BEAUTIFULLY

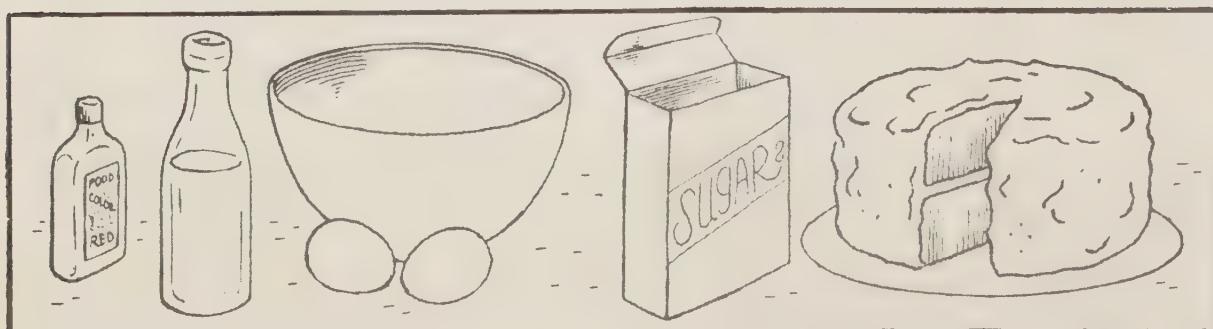
A delicious cake looks and tastes even better with a frosting, filling or topping.

An *icing* is a mixture of confectioners' sugar and a liquid. It is thin enough to be brushed on with a pastry brush or spread. It is usually used on pastries, rolls and coffee cakes. An icing is sometimes used on simple cakes.

A *glaze* is a mixture of sugar and liquid that is thin enough to be poured. It is about the consistency of thin corn syrup. A glaze is used to coat cup cakes, fruit cakes and pieces of cake which are to be used as petit fours and tea cakes.

A *frosting* is a thicker mixture used for cakes. All frostings may be used to cover a cake, but special ones are used for decorating it.

A *filling* is a thick mixture which is used to hold the layers of a cake together. A filling may be frosting to which fruits, marshmallows or nuts are added. Whipped cream and custard mixtures are sometimes used as fillings.



# PERFECT PIES

Pies are a top favorite dessert. They start with a good crust. Tender flaky crusts are easy to make. They add to the delightful taste of a pie.

## ONE-CRUST 9-INCH PIE SHELL

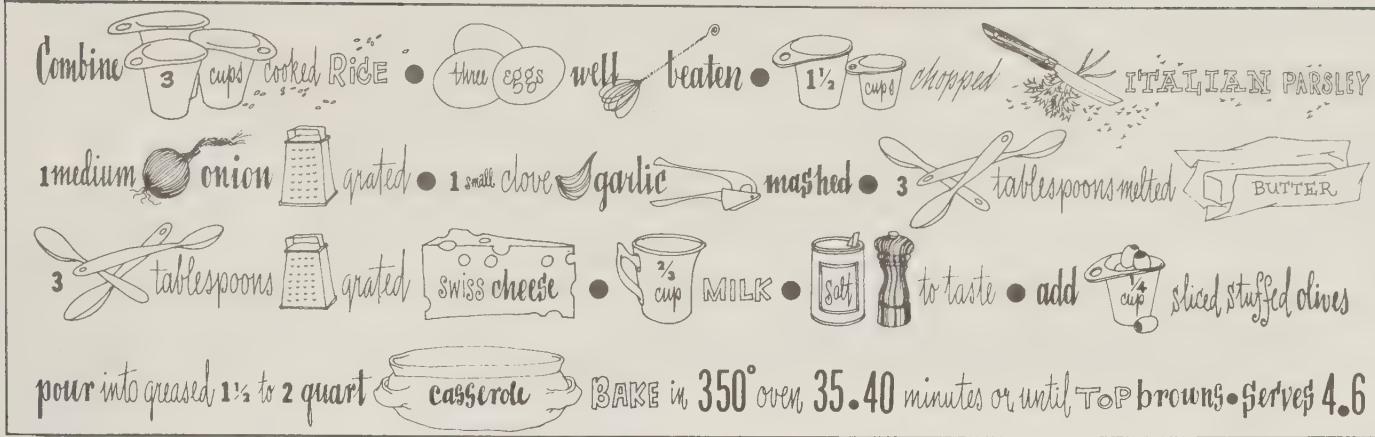
1 cup sifted all-purpose flour  
1/2 teaspoon salt  
1/3 cup shortening  
3 tablespoons cold water

1. Sift flour and salt together. Cut in shortening with pastry blender, until size of small peas. Sprinkle water over mixture, while tossing quickly with fork, until particles stick together. Form into smooth ball.
2. For ease in rolling out pastry, wrap dough in waxed paper and allow to chill in refrigerator. Lightly roll pastry into circle 1 inch larger than pie plate. Lift loosely into pie plate. Pat out air. Fold edges under and crimp.
3. Prick entire crust thoroughly before baking. This prevents bubbles and excess shrinkage. Bake in hot oven at 450°F. for about 12 minutes or until golden brown. Cool and fill.

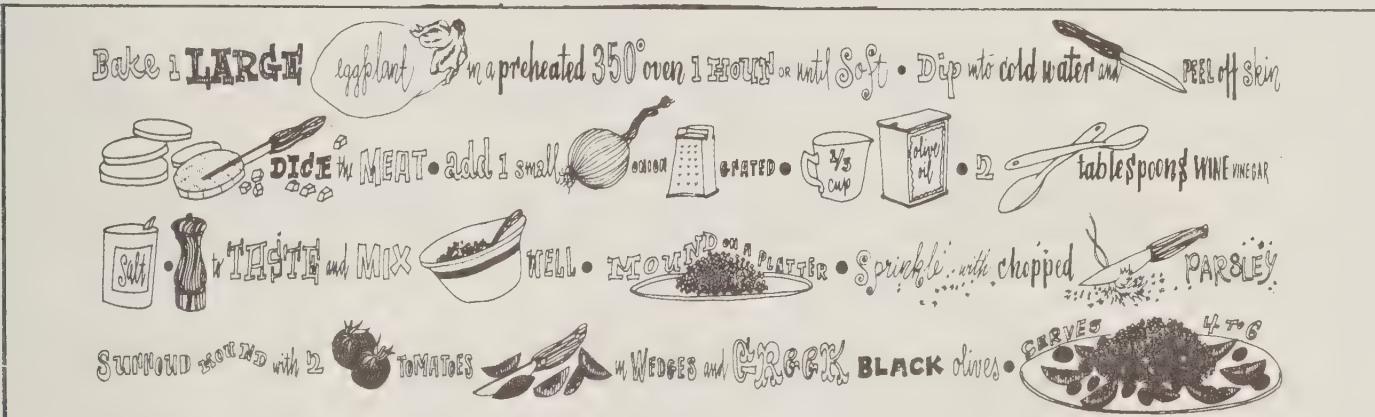
## *Pastry Tips*

<i>If This Happens</i>	<i>It May Be Caused By</i>	<i>Try This</i>
DRY DOUGH THAT IS HARD TO WORK WITH	1. Incomplete mixing 2. Not enough water	1. Don't worry about overmixing. Final mixing or shaping of dough may be done with the hands. 2. Use level measures of water.
TOUGH PASTRY	1. Not enough shortening or too much flour.	1. Use at least 1/3 cup shortening for each cup of sifted all-purpose flour. Use very little flour on board for rolling.
SHRINKING OR BUCKLING OF PASTRY	1. Pastry stretched during fitting to pie pan. 2. Pastry shell not adequately pricked on sides and bottom before baking.	1. Use large enough recipe to fit pie pan without stretching. Don't stretch dough when fitting to pie plate. 2. Prick pastry generously over bottom and sides of pie plate.

## Green Rice Casserole



## Greek Eggplant Salad



## COOKING THE PERFECT CAKE

Taking the perfect cake from the oven is a thrill. You can do it every time.

Cakes come under two general types. The basic ingredients determine which type it is. One type of cake is made with shortening. Various butter cakes, fruit cakes, pound cakes and chiffon-type cakes fall into this group. The other group includes those made without shortening — angel food and sponge cakes.

The two commonly used methods for making cakes are the creaming method and the quick method. In the creaming method, shortening, sugar, eggs and salt are creamed or blended together until light and smooth. Dry ingredients and liquid are added alternately and blended until smooth. In the quick method, the shortening, dry ingredients and part of the liquid are mixed for two minutes. The eggs and remaining liquid are then added and mixed for an additional two minutes.

## Hints For Success

1. Follow the recipe directions exactly.
2. Be sure to use the size and type cake pans called for in the recipe.
3. Fill the cake pans one-half to two-thirds full.
4. Bake in a preheated oven at the temperature specified in the recipe.
5. Space oven racks so that cake will be almost in middle of oven. Stagger layer pans so no pan is directly over another and they do not touch each other or the sides of the oven.
6. Test for doneness at the end of the minimum baking time. Do not peek at the cake before this time.
7. Cool cake completely before frosting.

## ***COOKIE DELIGHTS***

What fun to reach into the family cookie jar and come out with a delicious crunchy cookie! You can keep the cookie jar full of goodies. You must read the recipe carefully, measure exactly, use the correct pans and bake at the correct temperature to have a perfect cookie.

Use pans that are the proper size and kind. Always use cookie sheets or pans that are bright and shiny. Use pans that will leave at least an inch between the sides of the pan and the sides of the oven. This will let the heat circulate between the oven walls and pan and will keep cookies from burning on the bottom.

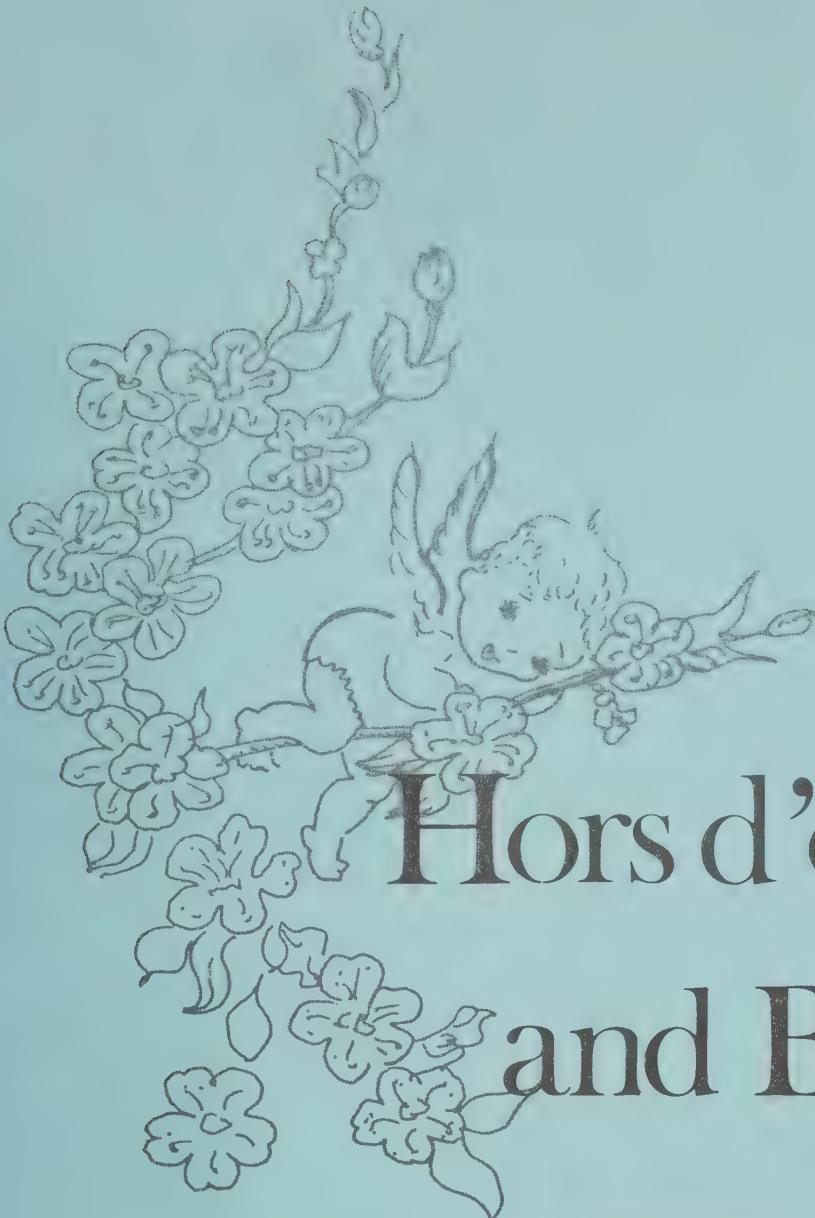
If you are baking one sheet or pan of cookies at a time, adjust the oven rack so the cookies will be in the center of the oven. If you are baking two sheets or pans of cookies at a time, adjust the racks to divide the oven into thirds.

Do not grease the cookie sheet or pans if the cookies you are making contain a considerable amount of shortening. For all other cookies grease the sheets with a bland fat that contains no salt.

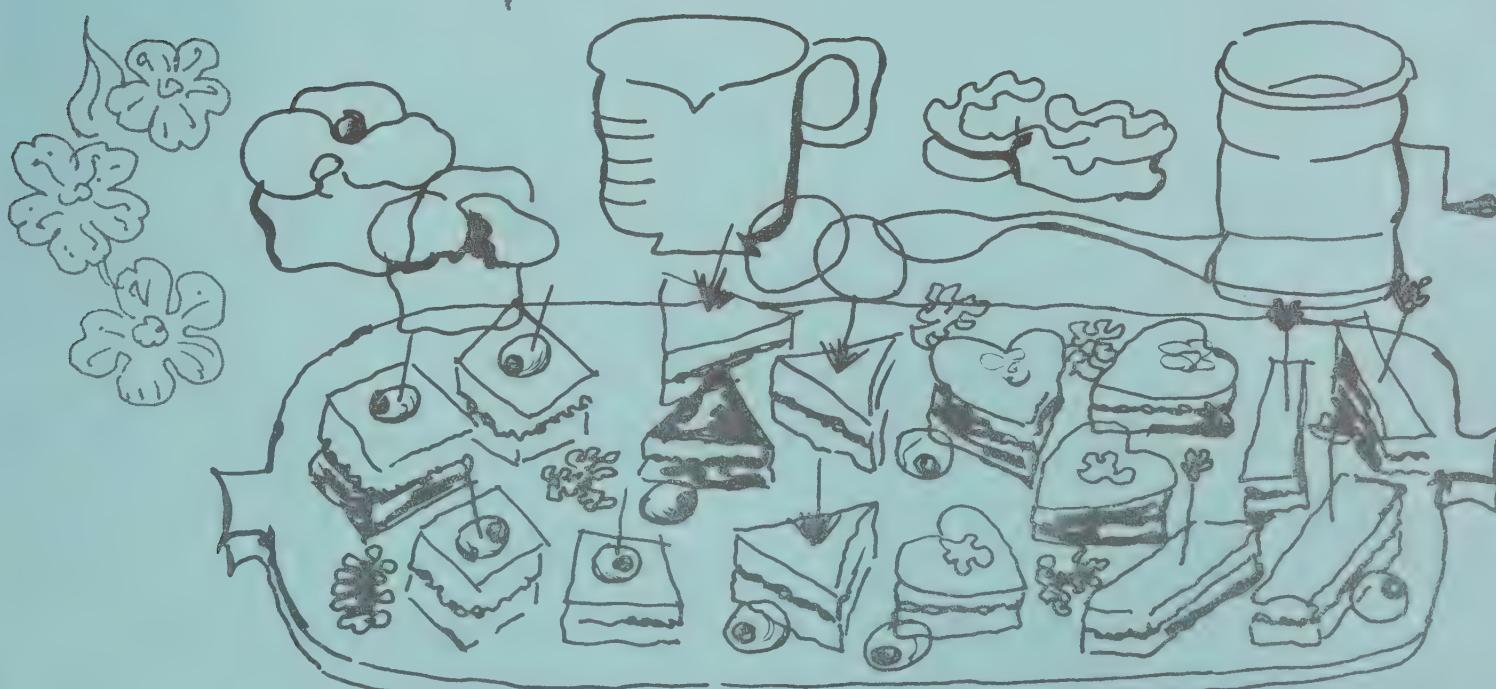
If cookie bars are to be made, grease the baking pan and line it with waxed paper. Grease the waxed paper. Bake macaroons on heavy plain paper.

### ***Clues For Success***

1. Follow the recipe carefully.
2. Have all ingredients at room temperature for more glamorous, perfect cookies.
3. Measure correctly and accurately, using standard equipment.
4. A tidy bowl is important. Use a rubber scraper often, so the ingredients are well blended.
5. Check cookies when the minimum baking time is up.
6. When using oven-glass baking pans, always lower the temperature 25 degrees.
7. Bake near the center of the oven if a single cookie sheet is used. If two cookie sheets are placed in the oven at the same time, space far enough apart to allow for proper circulation of heat.
8. Bars or squares are done when the sides shrink from the pan, or the top springs back when lightly touched with the finger. Soft cookies will also spring back when touched. Crisp cookies are done when they are fairly firm, and lightly browned around the edges.
9. Unless otherwise directed, remove cookies from cookie sheet right after taking from oven, and place on wire rack to cool. Never overlap, pile, stack, or store warm cookies.
10. Use a wide spatula to take cookies from cookie sheet.



# Hors d'oeuvres and Breads





## REFRIGERATOR ROLLS

1 1/2 c. milk scalded  
 1 pkg dry granular yeast  
 1/4 c. warm water  
 1 stick plus 2 tbs. margarine or  
 2/3 c. shortening

Mrs. O. L. Kiger

1 c mashed potatoes  
 1 1/2 t. salt or use 2 with  
 shortening  
 2/3 c. sugar  
 2 eggs beaten  
 7-7 1/2 c. flour

Dissolve yeast in warm water. Add margarine, sugar, salt, mashed potatoes to hot milk. When cooled, blend yeast and eggs. Add enough flour to make stiff dough. Put in greased bowl, cover well, refrigerate. The dough will keep for several days. Punch down as it rises in the refrigerator or it will sour. Shape into rolls or cut with small cutter like biscuits. Let rise, bake 400°.

## CORN BREAD

1 c. self rising corn meal  
 1 c. sour cream  
 1 can 8 oz. creamed style corn

Josephine Smith

2 eggs  
 1/2 c. salad oil

Mix in any order desired. Bake in greased 9"sq. pan in 400° oven 30 mins or until done.

## PARKER HOUSE ROLLS

1 pkg yeast  
 1/4 c water  
 1 c. scalded milk  
 2 tbs. shortening

Vi Eller

2 tbs. sugar  
 1 t. salt  
 1 well beaten egg  
 3 1/2 c. flour

Soften dry yeast in warm water. Combine milk, shortening, sugar, salt, cool to lukewarm. Add yeast, add egg. Gradually stir in flour to form soft dough. Cover, let rise in warm place till double. Roll out on floured surface, cut, shape in rolls. Brush with melted butter, bake 15 mins 400°.

## SPOON BREAD

1 c. sifted corn meal  
 1c. boiling water  
 1/3 stick butter or margarine  
 1 t. salt

Mrs. Bowman Warren

1 t. sugar  
 3 eggs  
 2 c. sweet milk  
 3 level t. baking powder

Scald meal with 1 c. boiling water. Add butter, salt, sugar, eggs, milk, mix and add baking powder. Mix well. Mixture should be very thin. Pour in well greased pyrex baking dish, bake 30-40 mins 350° or until brown. This recipe will serve 6-8 people.

## DRY CEREAL

4 c. quick cooking rolled oats  
 2 1/2 c. wheat germ  
 1c. coconut  
 1t. cinnamon

Mrs. Ken Wray

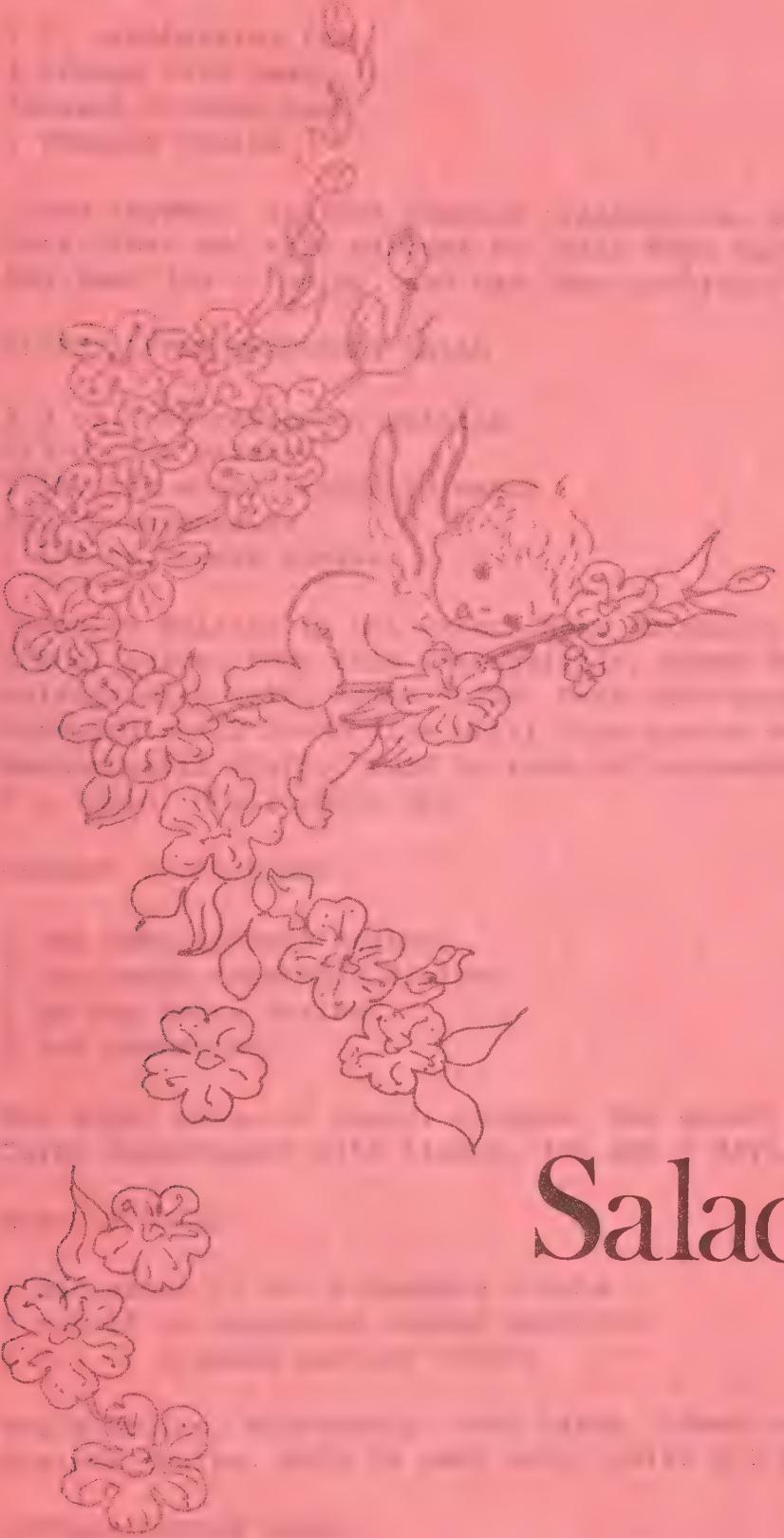
2 tbs. br. sugar  
 1/2 c. honey  
 1/3 c. salad oil  
 1 t. vanilla

Mix first 5 ingredients. Add honey, mix to distribute thoroughly, with fingers, if necessary. Add oil, vanilla, mix thoroughly. Spread in ungreased 10x15" jelly roll pan, bake 325° 20 mins stir occasionally. Serve moistened with milk. Nuts or raisins may also be added. Makes about 7 1/2 c. dry cereal. This recipe makes delicious and inexpensive dry cereal that's also nutritious. It contains protein, iron, vitamins E and B.

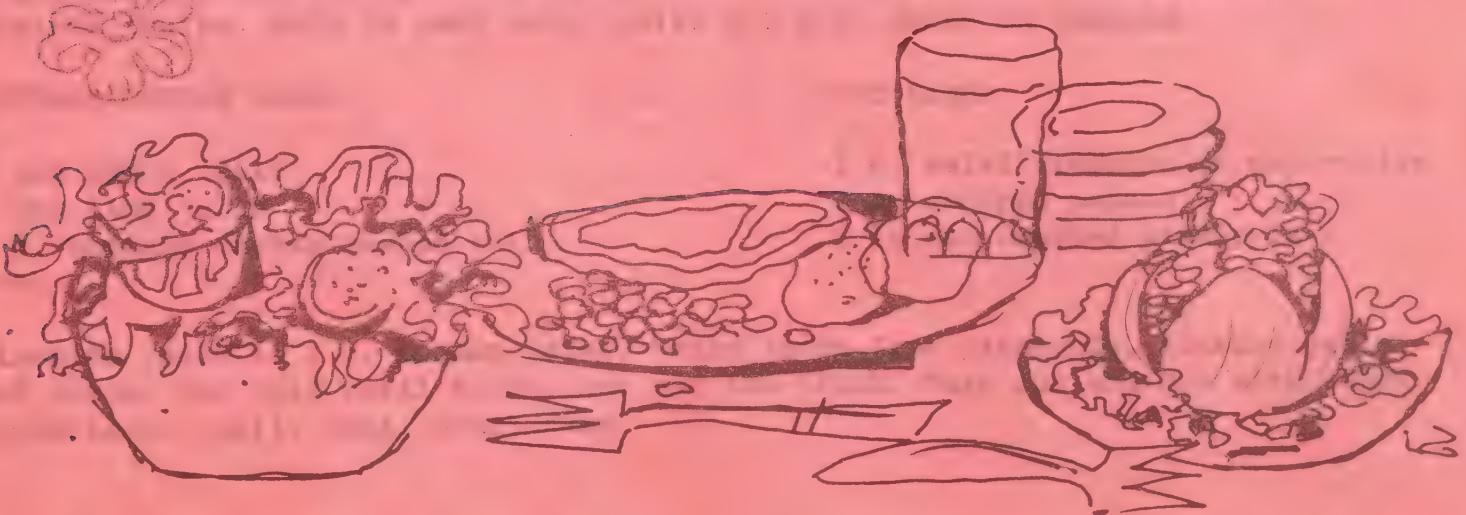
5-5 1/2 c. unsifted flour  
2 pkg instant blended yeast  
2 tbs. sugar  
2 tbs. salt

2 tbs. shortening  
2 c. warmed up tap water 120-130°  
Sesame seeds

In lg. mixing bowl thoroughly stir together 2 c. flour, undissolved yeast, sugar, salt, shortening. Add water. At low speed of electric mixer, scraping bowl constantly, beat 1/2 min. Stir in enough of remaining flour to form a soft dough. Turn out on lightly floured surface, knead until smooth. Place in greased bowl, turn to grease top. Let rise in warm draft free place until doubled 45-60 mins. Punch down dough. Let rest 15 mins. Divide dough into 4 parts; shape each into ball. Place balls well apart on greased cookie sheet, with knuckles flatten to 3/4" thick. With razor blade or sharp knife slash tops to make wide wedges. Brush with milk. Sprinkle with sesame seeds. Let rise as above until double 20-30 mins. Bake 425° until well browned, 20-30 mins Remove to wire racks to cool.



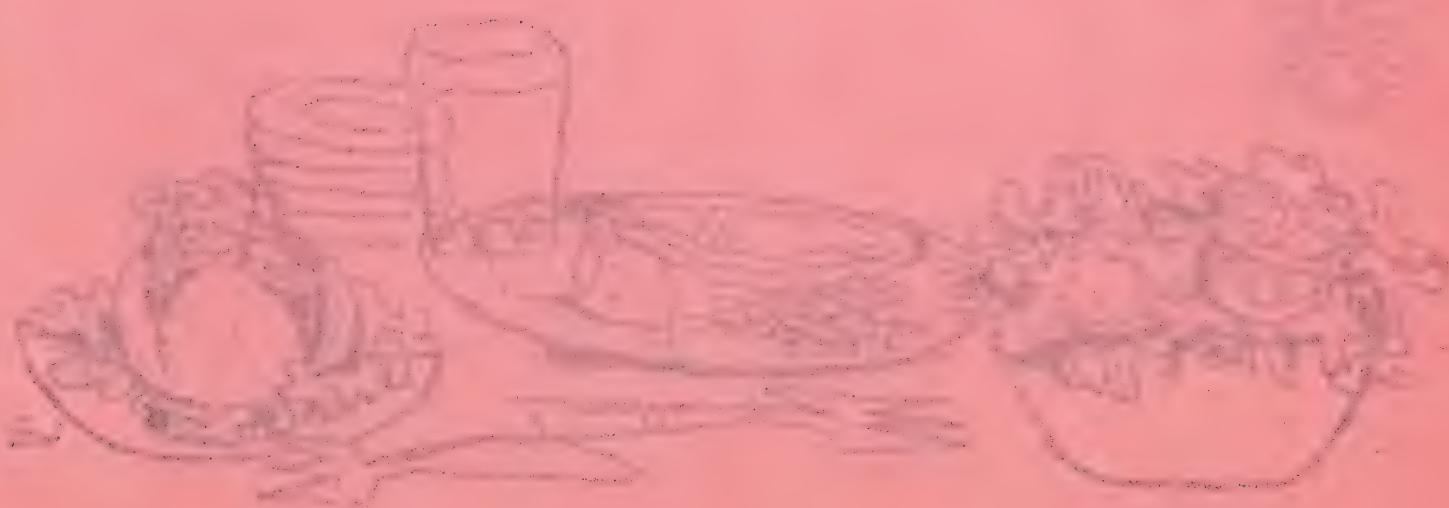
# Salads



steaming  
up tap water 120-130°

1. Add yeast,  
mixer, scraping  
flour to form a

smooth



## CRANBERRY SALAD

2 c. cranberries raw  
 1 orange with peel  
 1 orange without peel  
 2 chopped apples

Grind together in food chopper cranberries, oranges. Add 1 1/2 c. sugar, apples nuts. Then add this mixture to jello that has been prepared by directions on box less 3/4 c. water, and has been partially set.

## FLUFFY APPLE CRANBERRY SALAD

1 3 oz. pkg raspberry gelatin  
 2/3 c. hot water  
 1 lb. can whole cranberry sauce  
 1/2 c. mayonnaise  
 1 1/2 oz. cream cheese

Dissolve gelatin in hot water. Heat cranberry sauce until melted and strain 1/2 c. juice. Pour this into gelatin. Blend mayonnaise and cream cheese. Add to gelatin with salt, lemon juice. Beat with rotary beater. Turn into freezing tray and chill 20-25 mins until firm around edges. Turn into bowl. Whip with beater until fluffy. Fold in rest of cranberry sauce, nuts, apples. Pour in 6 c. mold. Chill until firm

## CHINESE SALAD BEANS

1 can bean sprouts drained  
 1 can water chestnuts drained  
 1 can wax beans drained  
 1 can mushrooms

Mix equal amts. of sugar, vinegar. Add celery seeds, salt, Stir until dissolved. Cover ingredients with liquid, let set 2 days. Delicious for buffet.

## CIRCUIT SALAD

1 can about 15 oz. pineapple chunks  
 1 can 11 oz. mandarin orange sections  
 1 3/4 c. creamed cottage cheese

Drain fruits, thoroughly. With hands, blend cottage cheese, dry gelatin. Add drained fruits, Fold in cool whip, chill 1-2 hrs. Serve on lettuce.

## COTTAGE CHEESE SALAD

1 pkg lemon jello  
 1 pkg lime jello  
 1 c. cottage cheese mashed with fork

Dissolve jello in 1 c. boiling water. Drain juice from pineapple, combine jello and juice, let jell until thick, but not too thick. Take out and mix with other ingredients. well. Chill until firm

Gwen Payne

2 pkg lemon jello  
 1 c. chopped nuts  
 1 1/2 c. sugar

Mrs. W. H. Grubbs

1/4 t. salt  
 1 tbs. lemon juice  
 2 delicious apples finely diced  
 1/2 c. chopped pecans or walnuts

Mrs. Alfred Stultz

1 can bamboo shoots  
 1 c. celery chopped  
 1 can green beans drained

Mrs. Ken Wray

1 pkg 3 oz. orange gelatin  
 1 container 4 1/2 oz. cool whip

Dot Kiger

1 c. salad dressing or mayo=naise  
 1 c. chopped pecans  
 1 lg can crushed pineapple

## VEGETABLE SALAD

1 head lettuce cut in sm pcs  
 4 stalks celery chopped  
 1 can LeSeur peas drained

Ruth Payne

1 pt Hellmans mayonnaise  
 Parmesan cheese

Mix lettuce, celery, peas. Make 24 hrs before serving. Ice or completely cover with 1 pt. mayonnaise. Sprinkle with parmesan cheese, cover with saran wrap and refrigerate 24 hrs. Add bacon bits before serving if desired. Sealing vegetables with mayonnaise makes a very crisp salad.

## 24 HOUR SALAD

2 eggs beaten  
 4 tbs. vinegar  
 4 tbs. butter  
 2 cans white cherries halved  
 2 c. diced pineapple

Mrs. Bowman Warren

2 oranges diced or 2 cans  
 mandarin bits  
 2 c. marshmallows sm. or  
 quartered size  
 1 cup heavy cream whipped

Put beaten eggs in double boiler, add vinegar, sugar. Cook beating constantly until thick, smooth. Remove from heat, add butter, cool. When cold fold in whipped cream and fruit mixture. Put in refrigerator 24 hrs. May be put in ring mold or left in bowl and spooned into serving dish. If canned fruit is used, the fruit should be drained. Serves 15-20.

## BROKEN GLASS TORTE

1 pkg lime jello  
 1 pkg raspberry jello  
 1 pkg lemon jello  
 4 1/2 c. hot water  
 1 envelop plain gelatin  
 1/4 c. pineapple juice

Mrs. O. L. Kiger

2 c. whipping cream  
 1 c. sugar  
 1 t. vanilla  
 24 graham crackers  
 Melted butter

1 pkg each lime, raspberry, lemon jello each dissolved in 1 1/2 c. hot water. Pour into cake pans, refrigerate until congealed. Soak envelop of plain gelatin in 1/4 c. pineapple juice hot. Let cool but not until set. Whip 2 c. whipping cream adding 1/2 c. sugar, 1 t. vanilla. Fold in gelatin mixture. Cut jello in 1/2 "cubes, break up in pcs. fold in cream mixture. Crust 24 graham crackers with 1/2 c. sugar and melted butter. Put in bottom of pan, on top of mixture. This is good put in jello mold pan. Cut like pc. of cake.

## APRICOT CHEESE DELIGHT SALAD

1 17 oz. can apricots, drained, chopped  
 1 lg. can crushed pineapple drained  
 2 pkg orange flavored gelatin

Mrs. Ken Wray

2 c. hot water  
 1 c. apricot juice  
 1 c. min. marshmallows

Keep apricot and pineapple juice separate. Chill fruit, dissolve gelatin in hot water. Add apricot juice. Fold in apricots, pineapple and marshmallows. Chill until firm. then add topping

## TOPPING

1/2 c. sugar  
3 tbs. flour  
1 egg slightly beaten  
2 tbs. butter

1 c. pineapple juice  
1 c. whipping cream whipped  
3/4 c. grated cheddar cheese

Combine sugar, flour. Blend in egg, butter. Add pineapple juice, cook over low heat, stir constantly until thick. Let cool thoroughly. Fold in whipped cream, spread over congealed salad. Sprinkle with grated cheese, chill. Cut in squares.

## FROZEN FRUIT SALAD

1 6 oz. can frozen lemonade  
1 6 oz. can frozen orange juice  
1 no. 2 can crushed pineapple  
3 bananas crushed or mashed in blender

Mrs. S. A. Winslow

2 c. maraschino cherries  
2 1/2 c. water  
2 c. sugar

Mix all ingredients together. Put in cupcake cups. Place in muffin tins, freeze.

## FRUIT SURPRISE SALAD

2 sm. pkg wild strawberry jello  
2 c. hot water  
1 sm. pkg frozen strawberries  
1 no. 2 can crushed pineapple drained

Mrs. S.A. Winslow

3 bananas mashed  
1 carton sour cream lg  
1 c. chopped pecans

Dissolve jello in hot water. Add frozen strawberries, stir until thawed. Add pineapple and bananas. Pour half mixture in mold, let congeal. Mix sour cream and pecans. Spread over congealed salad. Add remaining fruit mixture. Chill till firm. Serves 12 generously.

## COCA COLA SALAD

1 2 1/2 can crushed pineapple  
1 #303 can dk. pitted cherries  
2 6 oz. coca cola  
2 3 oz. boxes dk. cherry jello

Mrs. ViEller

1 8 oz. Phil. cream cheese  
1/2 c. pecans or walnuts  
chopped fine  
Marshmallow cream

Drain all juice from pineapple. Remove all juice from cherries. Dissolve jello in these juices. Remove from heat. Add cola slowly. Chill not firmly. Remove from refrigerator, add crushed pineapple, cherries, quartered. Mix cheese, nuts, enough marshmallow cream to make spread. Divide jello in 2 parts, place spread between. Chill. Serves 15.

## STRAWBERRY SALAD

2 pkg strawberry jello  
1 #2 can crushed pineapple  
1 10 oz. pkg frozen strawberries

Mrs. Wilburn Shouse

1 1/2 c. boiling water  
1 c. mashed bananas  
1 c. sour cream

Dissolve jello in boiling water. After cooling, add pineapple, bananas, strawberries. Pour 1/2 mixture into long pyrex dish. Spread sour cream over layer of salad. Then put remaining 1/2 mixture over sour cream. Put in refrigerator to congeal. Serves 10.

## CHEESE TOMATO SALAD

2 tbs. plain gelatin  
 1 tbs. minced onion  
 1 20 oz. can tomato soup do not dilute  
 3 3 oz. pkg Phil cheese  
 1 c. whipping cream

Audrey LeGrand

1/2 c. cold water  
 3/4 c. mayonnaise  
 1 1/2 c. chopped celery  
 1/2 c. stuffed dives sliced

Place gelatin in cold water, but do not dissolve. Heat soup and dissolve gelatin in soup. Mash cheese, blend with hot soup until mixed. Allow soup to cool. When cold add whipped cream, mayonnaise, chopped vegetables. Pour into individual molds or in bowl, chill until firm. Serves 8.

## AVOCADO RING SALAD

2 3 oz. pkg. lemon jello  
 1/2 t. salt  
 2 c. hot water  
 1 1/2 c. cold water

Mrs. S. A. Winslow

2 tbs. lemon juice  
 2 very ripe avocados mashed  
 1/3 c. mayonnaise  
 3 c. sliced strawberries opt.

Dissolve gelatin in hot water. Add salt, cold water. Chill until slightly thick. Pour lemon juice over mashed avocados. Stir in mayonnaise, avocado into jello. Blend well. Pour into 5 c. ring mold, chill. Fill ring with berries after unmolding, opt.

## HONEY CREAM DRESSING

1/2 c. sour cream  
 1 tbs. honey

2-3 tbs. mayonnaise  
 1/2 c. sliced berries, opt.

## FRUIT DUET SALAD

2 pkg lime flavored gelatin  
 2 c. boiling water

Jo Winslow

1 pt. lime sherbert

Dissolve gelatin in boiling water. Immediately add lime sherbet, stir until melted. Pour into 1 1/2 qt. mold, chill until firm. Unmold and fill center with ambrosia fruit salad

## AMBROSIA FRUIT SALAD

11 oz. can mandarin oranges, drained  
 13 oz. can pineapple chunks, drained  
 1 c. flaked coconut

1 c. commercial sour cream  
 or 1/2 c. whipping cream whipped  
 1 c. cut up or min. marshmallows

Mix all ingredients. Chill several hrs. or overnight.

## BLUEBERRY SALAD

2 3 oz. pkg blackberry gelatin  
 2 c. boiling water  
 1 15 oz. can blueberries, drained  
 1 8 1/4 oz. can crushed pineapple drained  
 1 8 oz. pkg cream cheese

Josephine Smith

1/2 c. sugar  
 1 c. sour cream  
 1/2 t. vanilla  
 1/2 c. chopped pecans

Dissolve gelatin in boiling water. Drain blueberries, pineapple, measure liquid. Add enough water to make 1 c. and add gelatin mixture. Stir in blueberries, pineapple. Pour in 2 qt. flat pan, put in refrigerator until firm. Blend soft cream cheese, sugar, sour cream, vanilla, spread over congealed salad. Sprinkle with nuts. Makes 10-12 servings.

STRAWBERRY NUT SALAD

Josephine Smith

1 lg. pkg. strawberry jello  
1 c. boiling water  
1 10 oz. pkg frozen strawberries, thawed

3 mashed bananas  
1 8 oz. can crushed pineapple  
drained  
1/2 c. chopped pecans

Dissolve jello in boiling water. Fold in strawberries, bananas, pineapple. Put mixture in pan, refrigerate until firm.

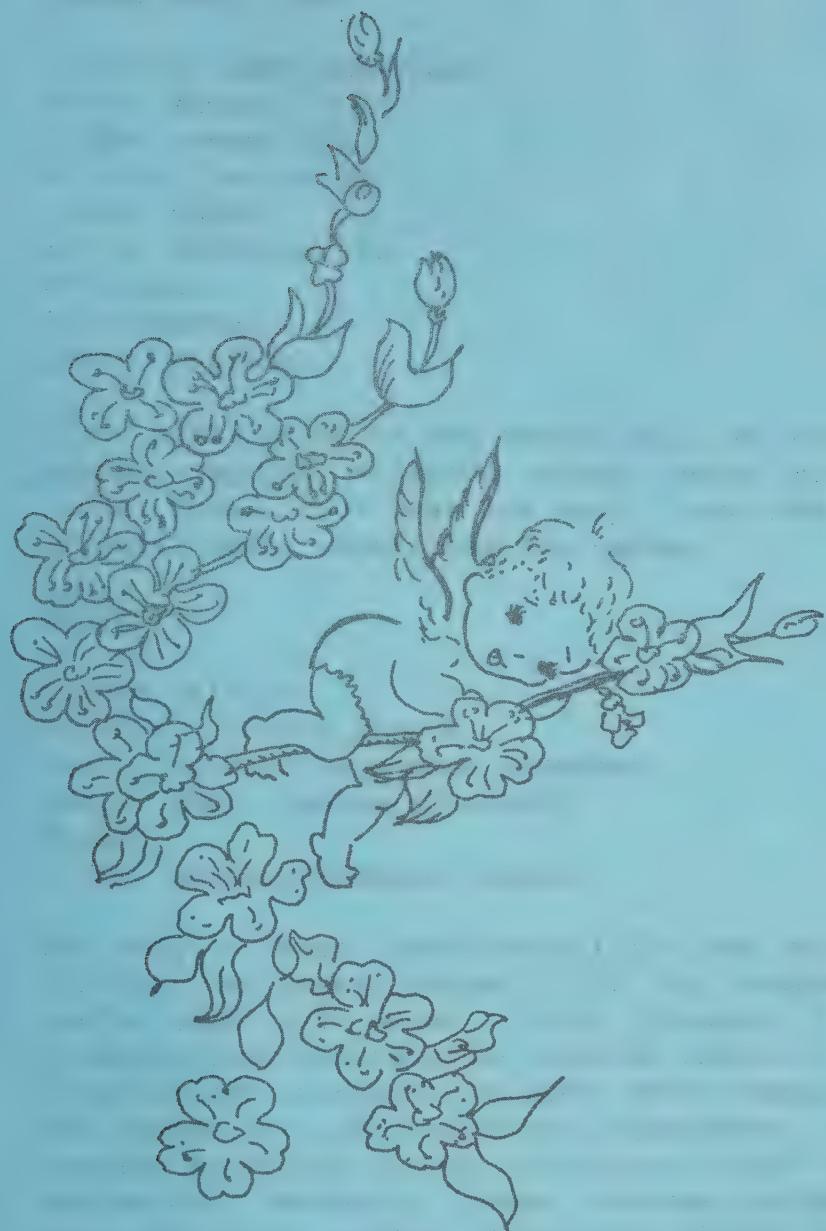
TOPPING

Blend following  
1 8 oz. pkg cream cheese soft  
1/2 c. sugar

1/2 t. vanilla  
1 c. sour cream

Spread over congealed salad. Sprinkle with nuts. Return to refrigerator until ready to serve. Cut in squares, serve on lettuce leaves.





# Meats and Casseroles



colonies has also  
been

## GOLDEN BEEF STEW

1 1/2 lb. beef stew meat  
 1/4 c. flour  
 2 tbs. wesson oil  
 2 1/2 c. hot water  
 2 tbs. onion  
 1/2 t. clove garlic  
 2 t. salt  
 1/4 t. pepper  
 1/4 t. paprika

Mrs. Vi. Eller

1/8 t. allspice  
 1 t. sugar  
 1/2 t. lemon juice  
 1/2 t. worcestershire sauce  
 1/4 c. tomato juice  
 1 c. diced onions  
 1/2 c. sliced carrots  
 1 c. cubed potatoes  
 1/2 c. diced celery

Flrou meat, brown in hot wesson oil. Add water, chopped onion, garlic, salt, pepper, paprika, allspice, sugar, lemon juice,worcestershire sauce, tomato juice. Cover, cook over low heat 2 hrs. Add vegetables, cook 15-20 mins longer or until meat, vegetables are tender.

## MANICOTTI

Cheese filling  
 2 1/2 c. ricotta cheese  
 1/4 c. mozzarella cheese shredded  
 1/4 c. amer. cheese shredded  
 2 eggs  
 1/2 c. grated parmesan cheese

Mrs. Alfred Stultz

1/4 t. freshly ground black pepper  
 1/4 t. garlic salt  
 2 tbs. dried parsley  
 1 dash wine vinegar

Mix well. - Sauce ingredients 1 lb. lean hamburger, 1 6 oz. can tomato paste, 1 12 oz. can tomato sauce, 1 1/2 tbs. oregano, 2 tbs. onion flakes, 1/2 t. garlic salt, 1 t. sugar, 1 dash cinnamon, 2 bay leaves remove after cooking sauce 1 celery leaf remove after cooking sauce, 1 dash bitters, worcestershire sauce 1 can sliced mushrooms drained. Brown hamburger in worcestershire sauce, Pour off excess fat, add remaining ingredients, Simmer on low heat. Cook manicotti noodles according to pkg directions. Stuff with filling, Ladle 1/2 sauce into bottom of 2 casserole dishes. Arrange noodles on sauce. Spoon remaining sauce on topof noodles. Cover with slices of mozzarella cheese. Cook in covered dish 350° 35-40 mins Serves 6.

## HAMBURGER PIE

1 lb. hamburger  
 1 sm. onion chopped  
 1 can french cut green beans drained

Josephine Smith

Mashed potatoes to serve 6  
 1 can tomato soup  
 Salt, little sugar

Brown hamburger, onion in little margarine. Add tomato soup, drained beans, mix together well. Transfer to casserole dish. Top with seasoned mashed potatoes bake 30 mins 350°.

## HAMBURGER CASSEROLE

1 lb. ground beef  
 1 c. macaroni  
 1 sm. onion chopped  
 1/2 c. chopped green pepper

Mrs. Paul Hayworth

1/4 c. chopped celery, opt.  
 1 can stewed tomatoes (tomato soup can be substituted)

Brown meat, onion, add pepper, celery, cook until tender. Add cooked macaroni and tomatoes, mix well. Place in casserole, top with bread crumbs, grated cheese. Bake 30 mins or until topping is brown, 350°.

## CHICKEN CASSEROLE

1 1/2 c. sliced celery  
 2 c. cooked chicken in chunky pcs. boned  
 3 c. cooked rice  
 1 c. grated cheddar cheese  
 3 hard cooked eggs, chopped  
 1/2 c. chicken broth  
 1/8 t. onion powder

Ruth Payne

1/2 c. milk  
 1/2 c. mayonnaise  
 1 can 10 3/4 oz. cream mushroom soup  
 1 can 10 3/4 oz. can cream of chicken soup; 1 t. salt  
 1/4 t. pepper

Combine celery, chicken, rice, cheese, eggs. Blend broth, milk, mayonnaise, soups, seasonings. Pour over rice, chicken mixture, in greased, shallow 2 1/2 qt. casserole. Bake 350° 30-35 mins. If desired, sprinkle with canned french fried onions, return to oven to heat onions about 2 mins. Cracker crumbs can be used, Serves 8 or more.

## CHILI WITH LIMAS

1 lb. ground beef  
 3 tbs. fat  
 1 t. salt  
 Dash pepper  
 2 c. cooked dried lima beans  
 1 1/3 c. bean liquor

Ruth Payne

1 10 1/2 oz. can cond. tomato soup  
 1 no 2 can 2 1/2 c. whole kernel corn or fresh corn  
 2 stalks celery cut in 3" strips  
 3/4 c. chopped onion  
 1 tbs. chili powder; 2-3 drops tabasoc sauce

Brown meat in hot fat. Add remaining ingredients. Simmer 1 hr. Serves 8. For 2 c. cooked limas soak 1 c. dried limas overnight in water to cover, add 1 t. salt, simmer do not boil until tender.

## CLUB CHICKEN

1/2 lb. margarine  
 1 lg. onion chopped  
 2 1/2 c. celery chopped  
 1 lg. can sliced mushrooms  
 2 cubes chicken bouillon dissolved in mushroom juice

Gwen Payne

3 cans cream chicken soup undiluted  
 1 1/2 c. milk  
 1 pkg slivered almonds  
 1/2 c. cooking sherry, opt.  
 1 1/2 c. uncooked rice  
 1 chopped chicken cooked 5-6 lb.

Saute onions in margarine. Add celery, cook about 10 mins. Brown almonds in margarine, Add mushrooms, chicken soup, milk, rice, almonds. Cook 15 mins. Stir to keep from sticking. Add chicken. Pour into greased baking dish. Top with grated cheese. Bake 40 mins 350°.

## BAKED CHICKEN WITH DRESSING

1 lg. broiler chicken cooked, boned, pulled into bite size pcs.  
 1 can cream chicken soup undiluted

Gwen Payne

1 lg. onion  
 1 c. chopped celery  
 1/4 c. margarine

Saute onion, celery in margarine. Make dressing of dressing mix plus 1 c. crumbled corn bread. Moisten with broth from boiled chicken. Add onions, celery. Place chicken in bottom of baking pan. Cover with cream of chicken soup. Spoon over dressing. Bake 400° 30 mins. Reduce heat 325°. Continue baking until dressing is crispy brown on top.

## PARTY CHICKEN

Dot Kiger

4 chicken breasts, split in half,  
skinned, boned  
8 bacon strips  
1 4 oz. pkg dried chipped beef

1 10 1/2 oz. can mushroom soup  
1 8 oz. carton sour cream

Wrap bacon strip around each pc. chicken. Spread dried beef on bottom of 2 1/2 qt. or 7x11" size baking dish, place chicken on top of beef. Combine soup and sour cream and spread on top of chicken. Bake 3 hrs. uncovered 275° Makes 8 servings.

## PORK CHOP AND POTATO CASSEROLE

Dot Kiger

4 lg. thick tenderloin chops  
1 can cream mushroom soup  
1/2 c. sour cream

1/4 c. water  
2 tbs. parsley  
4 c. thinly sliced potatoes

Mix soup, sour cream, water, parsley. Brown pork chops in skillet. In casserole alternate with layers of potatoes, salt, pepper, dot each layer with sauce. End with pork chops, on top, cover, bake 375° 1 1/2 hrs.

## CHICKEN SUPREME WITH BUTTER TOASTED FILBERTS Mrs. John Parent

1/2 c. flour  
1 t. salt  
1/8 t. pepper  
3 chicken breasts, skinned, boned, cut  
in half lengthwise

2 tbs. lemon juice  
10 tbs. clarified butter\*  
1/2 c. filberts sliced  
3 tbs. chopped parsley  
hot cooked rice or noodles

Combine flour, salt, pepper, in paper bag. Sprinkle chicken with 1 tbs. lemon juice, shake in bag with flour until coated. Shake all excess flour from chicken. Heat 6 tbs. butter in lg. skillet over med. heat. Fry chicken until golden on both sides, about 3-5 mins. per side, This chicken cooks quickly. The breasts are done when thickest part feels springy when touched with finger. Place chicken on platter, keep warm. Add filberts and remaining butter, to skillet, saute until filberts are browned. Remove from heat, stir in parsley and remaining lemon juice. Pour sauce over chicken. Serve with rice, or noodles. Melt 3/4 to 1c. butter in sm. saucepan over very low heat. Let butter stand until milk solids settle to bottom. Spoon off clear fat and discard milky part or use for seasoning vegetables.

## HAM AND POTATO CASSEROLE

Cleo Whittington

2 tbs. butter  
1/4 c. chopped onion  
1 can cream celery soup  
1/2 c. milk  
1/2 c. cheese

2 tbs. pimento  
2 tbs. parsley or green peppers  
chopped  
3 c. cooked potatoes diced  
2 c. ham diced

Cook onions, in butter until soft, but not brown. Add soup, milk, 1 1/2 oz. cheese. Heat, stir until cheese melts, then add diced potoates, diced ham,parlsey or green pepper. Put in buttered casserole, sprinkle remaining cheese on top and bake 350° 35-45 mins. Serves 6.

## BAKED TUNA

1 7 oz. can tuna  
 3 beaten eggs  
 1/2 t. salt  
 1/4 t. pepper  
 1/8 t. paprika  
 1 tbs. minced onion

Flake tuna in greased baking dish. Combine eggs, salt, pepper, paprika, onion, celery, cracker crumbs, melted butter. Add 2 c. scalded milk. Pour over tuna, bake 325° 70 mins. Garnish with shrimp. Serve with shrimp sauce.

## SHRIMP SAUCE

2 tbs. butter  
 2 1/2 tbs. flour  
 1 tbs. chopped sweet pickle

Cook over low heat until thick, smooth. Add 1 tbs. chopped sweet pickle and 1 no. 1 can whole shrimp. Serves 4.

## MEAT BALL OVEN DINNER

1 lb. ground beef  
 2 tbs. chopped onion  
 3 tbs. chopped green peppers  
 1/4 c. corn meal  
 1 t. salt  
 1 1/2 t. dry mustard  
 1 t. chili powder  
 1/2 c. milk

Combine meat, onion, green pepper, cornmeal, seasoning, milk, egg. Mix thoroughly and form 12 balls. Sprinkle with flour, brown in hot fat. Place in casserole. To fat in skillet add remaining flour. Blend and add tomato juice. Cook thick, pour over meat balls. Arrange vegetables around meat balls. Add salt, cover, bake 350° 1 hr. Serves 6.

## CHICKEN LOAF

1 chicken or 4 c. cut up  
 2 c. cooked rice  
 2 c. bread crumbs  
 1/4 c. chopped pimento  
 1/4 c. melted butter

Mix all above. Bake in 2 loaf pans 350° 1 hr.

## CRUSTY SALMON TIDBITS

1 can 16 oz pink salmon save juice  
 1 whole egg

Mix all of above with fork. To 1/4 c. salmon juice add 1 heaping t. baking powder, Mix with fork. Quickly dump into thick salmon mixture and stir. Drop by tiny spoonfuls in hot fat. Iced tea spoon is just right size. Cook just a few seconds or until golden brown.

Audrey LeGrand

2 tbs. chopped celery  
 1/4 c. cracker crumbs  
 3 tbs. melted butter  
 2 c. scalded milk  
 Shrimp

3/4 c. water  
 1 t. lemon juice

Audrey LeGrand

1 slightly beaten egg  
 1/4 c. flour  
 2 tbs. fat  
 2 c. tomato juice  
 3 potatoes quartered  
 6 carrots halved  
 12 sm. onions

Mrs. Alice Kiger

4 eggs beaten  
 1 t. salt  
 1/2 t. pepper  
 1 1/4 pt. chicken broth

Mrs. Ken Wray

1/2 c. flour enough to make  
 thick

## GLORIFIED HAMBURGERS

Mrs. Ken Wray

1 lb. ground beef  
1/2 c. chopped onion  
1/2 c. chopped celery  
1/2 c. ketchup

Salt, pepper to taste  
1 c. grated amer. cheese  
5 hamburger buns

Place meat and onion in heavy skillet, and stir tunil meat is lightly brown. Add celery, ketchup, salt, pepper, cheese. Stir until cheese is melted. Cool in refrigerator. Butter 1 side of the bun, put mustard on other side. Fill with cooled mixture. Wrap in foil. Heat 400° 20 mins or until hot. Serve at once.

BID KIGO

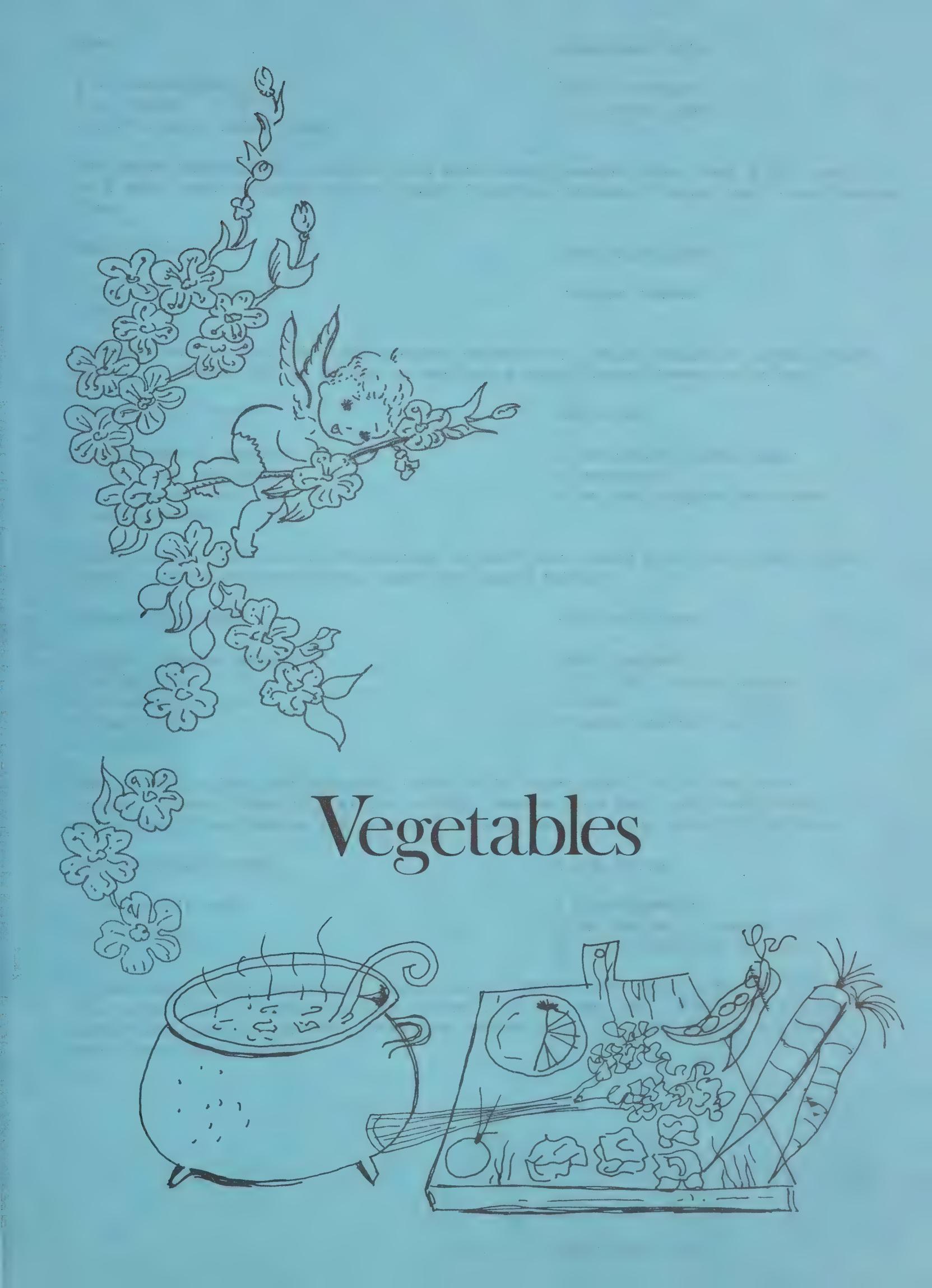
Jo Winslow

5 lb. sirloin steak or top round  
sirloin roast  
1/2 c. soy sauce  
1/4c. sugar

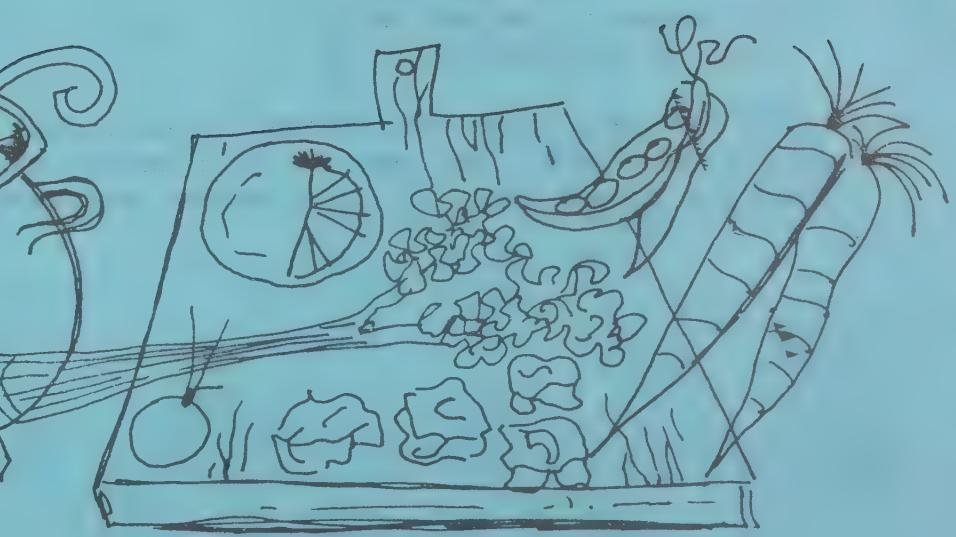
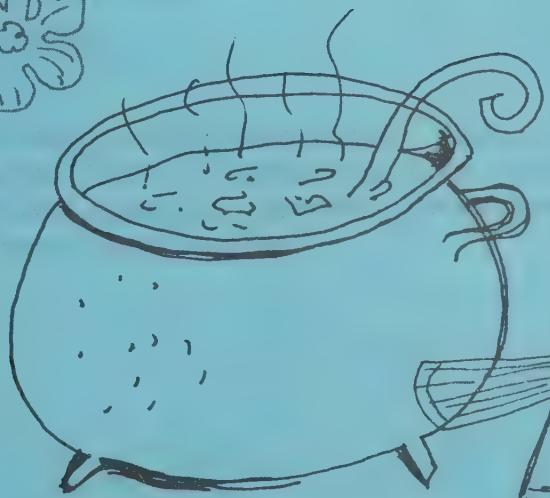
2 tbs. sesame oil or salad oil  
1 clove garlic finely minced  
4 scallions, chopped  
1 t. mono. glutamate

Steak or sirloin steak must be cut across grain into thin, lg. slices. Each slice should be about 1/8"thick. Combine remaining ingredients and dip the thin slices in mixture. Let slices stand 30 mins. Cook slices on both sides over hot charcoal. Can be cooked in fry pan instead. Cook until meat turns from red to brown.





# Vegetables



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## SLAW

Josephine Smith

1 c. mayonnaise  
 1 c. sugar  
 1 1/2 t. salt suite taste

1/2 c. vinegar  
 1 t. celery seed

Put above ingredients togehter, mix with rotary beater. Pour over 1 lg. head or 2 med. heads cabbage grated finely 2 carrots grated, 1 onion med. size chopped fine.

## TOMATO CAKE

Cleo Whittington

1 sm. can tomatoes  
 1 egg

Cracker crumbs

Crumble crackers and mix. Add cracker crumbs until thick enough to spoon. Salt, pepper to taste. Fry in butter or margarine until brown. Serve while hot.

## BROCCOLI AND RICE

Dot Kiger

2 pkg chopped broccoli  
 1 7 oz. box min rice  
 1 jar cheese whiz  
 1 onion chopped

1 can cream chicken soup  
 2 tbs. butter  
 1 sm. can chopped mushrooms

Cook broccoli and rice by directions on each box. Saute onion in butter until brown. Mix other ingredients, cook 350° until bubbly.

## SPINACH CASSEROLE

Florinda Cooper

1/2 tbs. chopped onion  
 1/2 tbs. fat  
 1 303 can spinach  
 1 tbs. flour  
 1c. milk

Salt, pepper  
 3 1/2 tbs. grated cheese  
 3 eggs  
 6 cooked shrimp opt

Cook onion in fat, add spinach, flour, milk. Cook until thick. Add salt, pepper, cheese. When this starts to boil remove from heat, add well beaten egg whites, then beaten egg yolks. Turn into baking dish, bake 450° 10 mins.

## CORN FRITTERS OYSTER

A.Bie Rettew

2 c. cut off corn  
 2tbs. flour

2 eggs separated  
 Salt, pepper to taste, canned  
 or fresh corn may be used

To corn ad dbeaten egg yolks, flour, salt, pepper. Add stiffly beaten egg whites and blend. Drop by spoonful size oyster into hot veg. oil. They come out looking like fried oysters. Use sm. container for hot fat, fry only few at a time, saves fat, your nerves.

#### HARVARD BEETS

Make sauce of  
3 tbs. butter  
2 tbs. flour  
1/2 t. salt  
3 tbs. sugar

Add this sauce to 3 c. diced, cooked beets, heat. Serve. Better if allowed to stand 15-20 mins for flavors to blend.

#### VEGETABLE CASSEROLE

1 can english peas drained  
1 can sm. onions drained

#### Kay Booze

1/2 c. vinegar  
1/2c. beet juice water that you cooked your beets in or water in can if you use canned beets

#### Ruth Payne

1 can cream chicken soup  
Canned french fried onions or crushed potato chips

Place sm. onions in bottom of casserole. Pour peas over onions, cover with chicken soup, Use fork to help soup go to bottom. Cover with french fried onions or potato chips. Bake in slow oven until bubbly and hot throughout.

#### BUFFET GREEN BEANS

2 cans french style green beans  
1 can bean sprouts, drained  
1 can water chestnuts, drained, sliced  
1/2 c. parmesan cheese  
6 tbs. butter

#### Ruth Payne

2 tbs. flour  
1/4 t. worcestershire sauce  
1 1/4 t. salt  
1 pt. half & half milk cream  
1/2 c. chopped almonds

Drain beans. In 2 qt. casserole alternate layers of beans, bean sprouts, chestnuts, and cheese. Melt 4 tbs. butter, blend in flour, seasoning, cream. Cook until thick. Pour over bean mixture, mix lightly. Top with almonds coated with 2 remaining tbs. butter. Heat, uncovered, 15-20 mins 425°.

#### TUNA AND GREEN PEA CASSEROLE

1/2 c. milk  
2 hard boiled eggs chopped  
1 can tuna

#### Mrs. Ken Wray

1 can cream mushroom soup  
1 can drained green peas  
1/2 c. crushed potato chips

Mix first 5 ingredients. Put in casserole dish, cover with crushed potato chips. Bake 25 mins 350°.

#### SCALLOPED EGGPLANT

1 med. size eggplant  
Salt, pepper  
1 sm. onion finely chopped  
3 tbs. butter

#### Mrs. Bowman Warren

1 c. dry bread crumbs  
1 egg beaten  
1/2 c. buttered coars cracker crumbs

Peel eggplant and cut into 1" cubes. Cook in boiling salted water until tender. Drain, mash slightly, leaving hunky pcs. Cook onion in butter until golden. Add egg to 1 c. dry bread crumbs. Add onion, salt, pepper to taste. Mix with eggplant. Pour into greased casserole. Top with buttered cracker crumbs. Heat 375° until crumbs are browned. Makes 6 servings.

## EGG PLANT SOUFFLE

Audrey LeGrand

1med size eggplant  
 2 tbs. butter  
 2 tbs. flour  
 1/2 c. milk  
 1/2 c. grated cheese snappy if possible  
 3/4 c. soft bread crumbs

2 t. grated onion  
 1 tbs. tomato catsup  
 1 t. salt  
 1/2 c. diced celery  
 2 eggs

Peel, cut egg plant in sm pcs. Cook until tender, in sm. amt of water, mash fine. Melt butter in saucepan. Add flour, blend. Add milk, cook white sauce until thick. Add white sauce to mashed eggplant. Mix grated cheese, bread crumbs, grated onion, tomato catsup, salt, 2 well beaten egg yolks, diced celery, fold into 2 beaten egg whites. Put in casserole, place in pan of water, bake 375° 45 mins. Serves 6.

## ASPARAGUS CASSEROLE

Gwen Payne

1 no. 2 can asparagus all green  
 1c. grated cheese  
 3 hard boiled eggs sliced

1 can cream mushroom soup  
 for sauce  
 Buttered bread crumbs

Arrange in layers in pan. Cover with mushroom soup. Top with buttered bread crumbs. Bake mod oven until crumbs are crisp and brown Approx. 30 mins.

## YELLOW SQUASH CASSEROLE

Mrs. Alfred Stultz

5 c. boiled yellow squash  
 1 c. diced onions

1/2 lb. sharp cheese  
 1 can cream mushroom soup

Boil squash, onion until tender. Season with salt, pepper, butter. Place 1/2 of mixture in baking dish. Sprinkle with cheese. Add remainder of mixture. Sprinkle with cheese. Top with cream of mushroom soup. Garnish with cheese paprika. Bake 350° 20 mins or until it bubbles.

## SUMMER SQUASH SOUFFLE

Audrey LeGrand

2 lb. yellow squash sliced  
 1 med. onion  
 1 t. salt  
 1/2 t. sugar  
 2 tbs. butter melted  
 3 tbs. flour

2 eggs slightly beaten  
 1 c. milk  
 1/2 lb. sharp cheddar cheese  
 grated  
 Seasoned salt  
 Buttered bread crumbs

Combine squash, onions, salt, sugar, simmer with sm. amt. of water 20 mins. Drain well, mash. Add eggs, melted butter, flour, milk, cheese. Add seasoned salt to taste. Bake in 1 1/2 qt. casserole 30 mins. Top with crumbs, bake 10 mins more. It can be stored in refrigerator 2-3 days unbaked; bake 350° serves 6.

## ORANGE SQUASH VEGETABLE

Mrs. Paul Hayworth

2 c. cooked squash yellow or zucchini  
 1/2 t. salt  
 2 tbs. melted butter or margarine

2 tbs. sugar  
 1/3-1/2 c. orange juice  
 1/2 c. finely chopped pecans

Mash squash or put through food mill or blender. Add salt, butter, sugar, orange juice. Add more juice if mixture is too dry. Spoon into buttered 1 qt. casserole dish and top with chopped nuts. Bake 350° 20 mins 4 servings.

SQUASH CASSEROLE

2 c. cooked squash, drained  
10 ritz crackers  
2 eggs beaten  
2 tbs. onionw chopped

Josephine Smith

Salt, pepper, sugar to taste  
1 can cream mushroom soup  
Grated cheese  
Butter

Mix squash, crumbled crackers, beaten eggs, onion, salt, pepper, sugar, soup. Put in casserole. Add grated cheese. Dot with butter. Bake 300° 30 mins

SQUASH CASSEROLE

2 lb. uncooked yellow squash  
1 stick margarine  
1 chopped onion  
1 carton sour cream

Mrs. Wilburn Shouse

1 can cream chicken soup  
1 lg. carrot grated  
1/2 pkg pepperidge farm herb dressing mix

Slice, cook squash in sm amt. salted water, until very tender, Drain. Add margarine, onion, Cool. Add sour cream, cream of chicken soup, carrot, dressing mix. Pour into 2 casseroles. Then mix remaining 1/2 pkg dressing mix with melted margarine, sprinkle on top. Bake 350° 30 mins-2 casseroles.



# Desserts



at press

## HEAVENLY HASH DESSERT

2 lg. cans sliced pineapple  
 48 marshmallows  
 4 tbs. flour  
 2 c. nuts; 4 oranges

Vi Eller

4 queen bess eggs  
 1 1/2 c. sugar  
 2 c. queen bess whipping cream

Drain juice from pineapple, place in double boiler. When hot add eggs, sugar, flour, which have been beaten together. Cook until thick. While this cools, cut pineapple, oranges, marshmallows in sm. pcs. Whip cream and fold in cold pudding mixture. Pour over fruits, add nuts. Let stand 1 1/2 hrs. before serving. This makes a good frozen salad serves 32.

## COCONUT COOKIES

1 c. crisco  
 1/2 c. white sugar  
 1/2 c. br. sugar  
 2 c. flour  
 1t.soda

Mrs. Alice Kiger

1 t. cream of tartar  
 1/2 t. salt  
 1 egg  
 1 t. coconut extract

Cream crisco, sugars. Add egg, extract. Add dry ingredients. Let stand 1 hr. Roll in 1"balls, dip in water, then in white sugar, Bake 375° 10-12 mins.

## SUGAR COOKIES

1 1/2 c. powdered sugar  
 1 c. ubtter  
 1 egg  
 1 1/2 t. vanilla

Mrs. Alice Kiger

2 1/2 c. flour  
 1 t. soda  
 1 t. cream tartar

Cream sugar, butter. Add egg, vanilla. Add dry ingredients. Place in refrigerator to chill. Bake 425° 8 mins.

## HOLIDAY FRUIT COOKIES

1c. sherry  
 1 c. candied cherries, chopped  
 1 c. chopped candied citron  
 1 c. chopped candied pineapple  
 1 lb. white or dark raisins  
 1 c. chopped pecans  
 1 c. chopped almonds  
 1 tbs. buttermilk

Josephine Smith

2/3 c. soft butter or margarine  
 1 1/2 c.lt. br. sugar  
 3 c. sifted flour  
 3 eggs  
 1 t. soda  
 1 t. ground cloves  
 2 t. ground cinnamon  
 1 t. vanilla

Pour sherry over chopped fruits, let stand, covered, overnight. Cream butter or margarine with br. sugar. Add eggs, blend. Sift together dry ingredients, add to creamed mixture with buttermilk, vanilla. Combine chopped nuts, fruit mixture and fold into batter. Drop by tspfuls onto greased cooky sheet. Bake 350° 10-12 mins Makes 12 dz.

## COCONUT DREAM COOKIES

Mrs. O. L. Kiger

1 1/2 c. br. sugar  
 1/2 c. butter  
 1 c. plus 2 tbs. flour  
 2 eggs beaten  
 1/2 t. baking powder

1/4 t. salt  
 1 t. vanilla  
 1 c. shredded coconut  
 1 c. chopped nuts

Cream 1/2 c. br. sugar, butter, 1 c. flour. Pack in bottom of 9x12x3" pan. Bake 10 mins. 350° Mix 1 c. br. sugar, eggs, salt, vanilla, 2 tbs. flour, baking powder. Mix well. Add coconut, nuts, Pour mixture on top of baked mixture. Return to oven, bake 250° until top is dry. Cut in bars, when cool makes 2 1/2-3 dz.

## BANANA WHIP DESSERT

Mrs. Paul Hayworth

2 c. graham cracker crumbs  
 3 sticks margarine  
 3 bananas  
 2 c. conf. sugar  
 1 t. vanilla  
 2 eggs unbeaten

No. 2 can crushed pineapple  
 Sm. container cool whip  
 Pecans  
 Maraschino cherries diced

Step 1 mix together graham cracker crumbs, 1 stick melted margarine, press into buttered 9x13 pyrex dish. Step 2 slice 3 bananas over crust. Step 3 mix, beat 15 mins high speed 2 sticks soft margarine, conf. sugar, vanilla, eggs. Spread this mixture over crust, bananas. Step 4 spread well drained, crushed pineapple over cream mixture. Top with cool whip, pecans, maraschino cherries.

## SCOTCH TEA BARS

Mrs. S. A. Winslow

1/2 c. butter  
 1c. br. sugar  
 2 c. quick cook rolled oats

1/4 t. salt  
 1 t. baking powder  
 3/4 c. chopped nuts

Combine butter, sugar in saucepan, cook and stir until butter melts. Remove from heat, Stir in remaining ingredients, mix well. Pour into greased 8" sq. pan. Bake 25mins 350° Cool. Cut in 24 bars. Cookies will be soft while still warm. Will harden when cooled.

## ICE CREAM BOMBE

Mrs. S. A. Winslow

1 1/2 qt. chocolate fudge ice cream  
 or other kind  
 1 pt. coffee ice cream or other kind

Whipping cream  
 Egg white

Using metal bowl or jello mold put 2 narrow about 3" strips of foil both ways in bottom of bowl, let hang over sides. Line pan with soft ice cream pushing to bottom and sides to form deep well. Fill well with another kind of ice cream. Center chocolate fudge and lining coffee. Unmold after freezing and ice with whipped cream, 1 egg white to 1 pt. whipping cream. Put back into freezing unit. Serve in wedges.

## BROWNIES

Mrs. Ken Wray

2 c. crushed graham crackers  
 1 pkg 6 oz. semi sweet choc. bits  
 1/4 t. salt

1/2 c. nuts  
 1 can eagle brand cond. milk  
 1 tbs. vanilla

Mix crackers, choco. bits, salt, nuts, then add eagle brand milk, vanilla. Mix thoroughly, place in greased pan. Bake 350° 25-30 mins

## PARTY PUDDING

Doris Smith

Crust: 1 c. plain flour, 1 stick oleo margarine, melted, 1 c. pecans cut up. Mix flour, pecans, melted oleo margarine in bowl. Press thick dough in pyrex dish, bake 15 mins 300°. First filling blend 8 oz. cream cheese, 1 c. powdered sugar, until soft. Fold in 1 c. coll whip. Spread on cooled crust. Second filling: 2 pkg instant butterscotch pudding, Mix with 3 c. cold milk. Beat until thick. Spread on cream cheese spread. Top with remaining cool whip, chill To serve cut into desired shapes squares, triangles, etc. For a different flavor of dessert use another flavor of instant pudding.

## MILLION DOLLAR PIE

Ruth Payne

1 lg. carton cool whip  
 1 can sweetened cond. milk  
 1/3 c. lemon juice

1 lg. can crushed pineapple  
 drained  
 1/2 c. nuts

Mix lemon juice, milk. Add cool whip, nuts, pineapple. Pour into 2 graham cracker or vanilla wafer crusts. Refrigerate 3 hrs. or longer. Can be frozen. Use half recipe for 1 pie.

## LEMON CORN MEAL CHESS PIE

Mrs. O. L. Kiger

2 c. white sugar  
 2 tbs. corn meal plain  
 1 tbs. flour  
 4 eggs  
 1/4 c. melted butter

1/4 c. milk part evap. and part whole  
 1 1/2 lemons use juice with part of pulp grated or to taste  
 Pinch salt

Mix sugar, cornmeal, flour. Beat eggs, butter into this. Add milk, lemon juice and salt. Bake in unbaked pie shell 350° 1 hr.

## BAKED COCONUT PIE

Mrs. Bowman Warren

3 whole eggs  
 2 tbs. butter  
 1 c. rich milk  
 1 c. sugar

1 t. vanilla  
 Dash salt  
 1 c. med. shredded coconut  
 1 tbs. flour

Mix eggs, sugar, butter, flour, salt. Beat well. Gradually add milk, flavoring, then coconut. Stir well, pour in 9"pie pan lined with pie crust. Bake until fairly firm 350°

## PIE CRUST

1 c. sifted flour  
 4 tbs. shortening

Cold water

Sift flour, salt in mixing bowl. Add shortening, water to form dough. Work well roll out on lightly floured board, place in 9"pie pan.

## EGG CUSTARD PIE

2 eggs  
 1/4 c. plus 2 tbs. sugar  
 1 t. vanilla

Mrs. O. L. Kiger

1 1/2 c. milk  
 1/4 t. nutmeg  
 Pinch salt

Heat milk just hot stage. Blend in beaten eggs, sugar, flavoring. Pour in 8" pastry shell. Bake on bottom shelf 450° 20 mins only until slightly shaky. Remove from oven, cool before serving.

## CHOCOLATE PIE

1 pkg choco. bits  
 2 pkg creamcheese 3 oz.  
 1 t. vanilla  
 1/2 c. sugar

Gwen Payne

1/8 t. salt  
 2 eggs separated  
 1 c. whipping cream

Melt chocolate bits over hot water. Stir cheese to soften. Add egg yolks, sugar salt, vanilla, melted chocolate. Beat egg whites until stiff. Whip cream. Add cream then egg whites plus 1/4 c. sugar. Pile in baked pie crust or graham cracker crust. Chill thoroughly. If desired garnish with whipped cream or may be served plain.

## OUT OF THIS WORLD CAKE

2 sticks margarine  
 2 c. sugar  
 5 eggs  
 1 tbs. baking powder  
 1 pkg graham cracker crumbs I use 1 bag

Mrs. O. L. Kiger

1 can coconut  
 1 c. sweet milk  
 1 no.2 can crushed pineapple with juice  
 1 tbs. vanilla  
 1 c. pecans

Cream margarine, sugar. Add eggs, 1 at a time. Mix baking powder, with graham crackers crumbs, add alternately with milk, pineapple to creamed mixture. Add vanilla. Fold in coconut, nuts. Turn into tube pan. Bake 350° 1 hr.

## WACKY CAKE

1 1/2 c. all purpose flour  
 1 c. sugar  
 1 t. baking soda  
 3 tbs. cocoa  
 1/2 t. salt

Mrs. O. L. Kiger

6 tbs. veg. oil  
 1 tbs. vinegar  
 1 t. vanilla  
 1 c. water

Sift flour, sugar, cocoa, soda, salt in ungreased 9x9" cake pan or pyrex cake pan. Punch 3 holes in mixture, in med. hole pour vinegar, in sm. hole pour vanilla, in lg. hole pour shortening. Cover with 1 c. cold water. Stir well with fork and bake 25 mins 350°. Frost in pan in which cake is baked. Cake is so soft it will break. Cool before cutting.

## COCONUT CAKE

1 pt. c. sour cream  
 2 c. sugar

Mrs. Bowman Warren

2 pkg frozen coconut

Mix above, let stand in refrigerator 24 hrs. Bake pkg yellow cake mix in 2 layers. Split layers to make 4. Spread filling between layers and on top. Wrap in foil refrigerate 3 days before using.

## CHRISTMAS CAKE

1/2 lb. black walnuts  
 1/2 lb. pecans  
 1/2 lb red candied cherries  
 1/2 lb. green candied cherries  
 2 c. coconut

Emily Moorefield

2 c. flour  
 1 3/4 c. sugar  
 1 c. butter  
 5 eggs  
 1t. vanilla

Mix together well butter, sugar, eggs. Chop and add nuts, fruits, flour. Bake in greased, floured pan 2 1/2 hrs. 250°.

## GINGER BREAD

2 1/2 c. flour sifted  
 1 1/2 t. soda  
 1/2 t. salt  
 1t. ginger  
 1 t. cinnamon  
 1/2 g. cloves

Mrs. John Parent

1/2 c. shortening  
 1/2 c. sugar  
 1 c. molasses  
 1 egg  
 1 c. hot water

Sift dry ingredients. Cream shortening, sugar until light, fluffy. Add beaten egg, molasses. Add dry ingredients, hot water alternately. Beat until smooth. Pour into well greased, floured pan 10-14" pan. Bake 350° 40-45 mins.

## BANANA CAKE

Mrs. Bowman Warren

3/4 c. butter  
 3 eggs beaten separately  
 4 t. baking powder  
 1 t. vanilla

1 1/2 c. sugar  
 3 c. cake flour  
 1 c. milk

Cream together butter, sugar. Add beaten egg yolks, cake flour in which baking powder has been sifted, alternately with sweet milk. Flavor with vanilla. Last fold in egg whites beaten stiff. Bake in 3 layers and use following icing.

## ICING

1 1/2 c. br. sugar  
 2 egg whites

1/2 c. water  
 1 t. vanilla

Boil together br. sugar, water until it spins a thread. Pour slowly beating all time onto egg whites beaten stiff. Add vanilla beat until creamy. Lay sliced bananas over first layer, cover with icing. Place second layer then bananas and icing, third layer. Add 1c. chopped nuts to remainder of icing and cover tops and sides after a layer of sliced bananas is placed on top of cake.

## PEACH CRISP

Mrs. Alice Kiger

Peaches  
 1c. flour  
 1/2 c. white sugar

1/2 c. br. sugar  
 1 egg  
 Margarine

Peel, cut up peaches, to almost fill med. size baking dish. Sweeten to taste. Over peaches place this topping. 1 c. flour, 1/2 c. white sugar, 1/2 c. br. sugar, 1 egg. Mix all together. Drizzle 6 tbs. melted margarine over topping. Bake 350° 40 mins. Serve warm.

## SOUR CREAM APPLE COFFEE CAKE

Mrs. S. A. Winslow

1/2 c. butter  
 1 c. sugar  
 2 eggs  
 1 t. vanilla  
 1t. soda  
 1/2 t. salt

1 c. sour cream  
 1/2 c. chopped walnuts  
 2 t. cinnamon  
 3/4 c. sugar  
 2 c. sifted flour  
 1 t. baking powder

Cream butter, sugar, vanilla until fluffy. Add eggs, 1 at a time sift dry ingredients, add to butter mixture. Alternate with sour cream. Grease, flour an angel food cake pan. Spread half of cake mixture in pan. Lay apple slices on batter, then spread 1/2 sugar nut mixture over it. Cover with remaining batter. Top with sugar nut mixture. Bake 45 mins 350° Let cool in pan. Loosen sides with knife. Use 2 pancake turners to lift cake out of tube pan, can freeze, but if frozen warm to serve.

## DOCTOR BIRD CAKE

Mrs. Ken Wray

3 c. flour  
 1 t. baking soda  
 1t. cinnamon  
 2 c. sugar  
 1 t. slat  
 1 1/2 c. cooking oil

1 8 oz. can pineapple crushed and undrained  
 1 1/2 t. vanilla  
 3 eggs  
 2 c. diced bananas  
 1/2 c. nuts

Sift together dry ingredients. Add fndrained pineapple, oil, vanilla, eggs, bananas, nuts, mixing until blended, but do not beat. Bake in greased, floured tube pan 350° 1 hr. 20 mins Cake will crack slightly on top. Will remain moist and fresh for some time.

## LEMON SQUARES

Mrs. W.H. Grubbs

Pastry 2 sticks soft butter  
 2 c. flour  
 1/2 c. powdered sugar  
 Mix, press in pan apprx. 10x14"  
 Bake 15 mins. 325°.

Filling  
 4 eggs; 2 c. sugar  
 6 t. lemon juice  
 1 t. flour; 1/2 t. bk. powder  
 1 c. pecans can be added if desired

Beat eggs slightly. Add sugar, lemon juice, flour, baking powder. If desired, add 1 c. pecans, mix, pour on top of pastry. Bake 325° 40-50 ms Sprinkle with powdered sugar.

## COCONUT POUND CAKE

Mrs. John Parent

3 sticks margarine  
 3 c. sugar  
 6 eggs  
 3 c. flour  
 1 t. baking powder

1/4 t. salt  
 1 tbs. lemon flavoring  
 8 oz. coconut fresh or frozen  
 1 c. evap. milk

Cream sugar, margarine, add eggs 1 at a time. Mix well. Baking powder, salt, are added to flour. Add flour and milk beating well after each addition Last add flavoring, coconut. Bake in floured, greased tube pan, bake 1 1/4 hrs. 350°.

## POUND CAKE

Mrs. Alfred Stultz

3/4 c. butter  
 3/4 c. crisco  
 3 c. sugar  
 6 eggs  
 1 c. sweet milk  
 3 1/2 c. flour

1 t. salt  
 1 t. baking powder  
 1 t. vanilla  
 1 t. almond extract

Cream shortening, sugar, Add eggs, beating after each addition. Add milk, flour which has been sifted with salt, baking powder. Add flavoring. Bake 350° 20 mins. then turn back to 325° 1 hr. Test cake to see if done. It depends on your stove. I place 1 c. water in pie pan on rack under the cake. Cool on cake rack 10 mins remove from pan.

## ELEGANT POUND CAKE

Dot Kiger

8 eggs separated  
 2 2/3 c. sugar  
 1 lb. butter no substitute  
 3 1/2 c. sifted cake flour

1/2 t. salt  
 1/2 c. coffee cream  
 1 t. vanilla

Separate eggs. Measure sugar, set aside. Beat egg whites until soft peaks form, gradually add 6 tbs. sugar while continuing to beat until stiff. Refrigerate until needed. In lg. mixer bowl cream butter, gradually add remaining sugar. Beat in well beaten egg yolks. Sift flour, salt together 3 times, add alternately with cream and vanilla to creamed mixture. Beat until mixture is very light. Fold in egg whites by hand. Pour into greased, floured pan bake 300° 1 3/4 hrs

## COCONUT CAKE

1 grated coconut  
 2 tbs. cornstarch

2 c. sugar

Use layers of 1-2-3-4 cake of hot milk cake Reserve some coconut for top in filling. Use coconut milk plus reg. milk to make 1 c. liquid. Blend sugar, liquid, cornstarch, coconut. Cook stir for 10-15 mins until thick it should be gooey. Spread cooked filling between layers and on top of cake. Sides of cake may be frosted with butter cream frosting. Add reserved coconut to top and sides of cake for a prettier cake.

## EASY CHOCOLATE CAKE

Ruth Payne

1 stick butter or margarine  
 4 tbs. cocoa  
 3/4 c. oil  
 1 c. water  
 2 c. flour

2 c. sugar  
 2 eggs  
 1 t. baking soda  
 1/2 c. buttermilk  
 1 tbs. vinegar

Heat butter, cocoa, oil, water together in saucepan until butter is melted. Mix well. Sift flour, mix with sugar in med. sized bowl or lg. bowl. Pour heated mixture over flour, sugar, add eggs, mix together. Dissolve baking soda in buttermilk with vinegar, add to batter. Bake in greased, floured 10x13" pan. Bake 350° 30 mins or until tests done. ice.

## ICING

Melt 1 stick butter add 4 tbs. cocoa, about 3 tbs. milk, 1 tbs vanilla, 1 box powdered sugar. Mix together, adding more milk if needed to make spreading consistency. Spread on hot cake.

## THE CHOCOLATE SYRUP CAKE

Mrs. W. Harold Grubbs

1 stick butter or oleo margarine	1 c. sugar
4 eggs	1 t. vanilla
1 can 16 oz. chocolate syrup	1 c. flour
Pinch salt	1 t. baking powder

Cream butter, sugar. Add eggs, flour, salt, baking powder, choc. syrup, vanilla. Mix, bake 300° 30 mins to 35 mins in 10x15" pan.

## ICING

1 stick butter or oleomargarine	1 c. sugar
1/3 c. evap. milk	1/2 c. chocolate chips

Bring all ingredients to boil, cook 1-2 mins Remove from heat, add chips, stir until melted. Pour over cake.

## MISSISSIPPI MUD CAKE

Mrs. S.A. Winslow

2 sticks melted butter	2 tbs. cocoa
2 c. sugar	1 1/3 c. coconut
1 1/2 c. flour	1 1/2 c. pecans
4 eggs	

Mix above ingredients, bake 350° 35-40 mins Spread with marshmallows cream med. size jar, as soon as it comes out of oven. Let cool for a couple of hrs. then ice.

## ICING

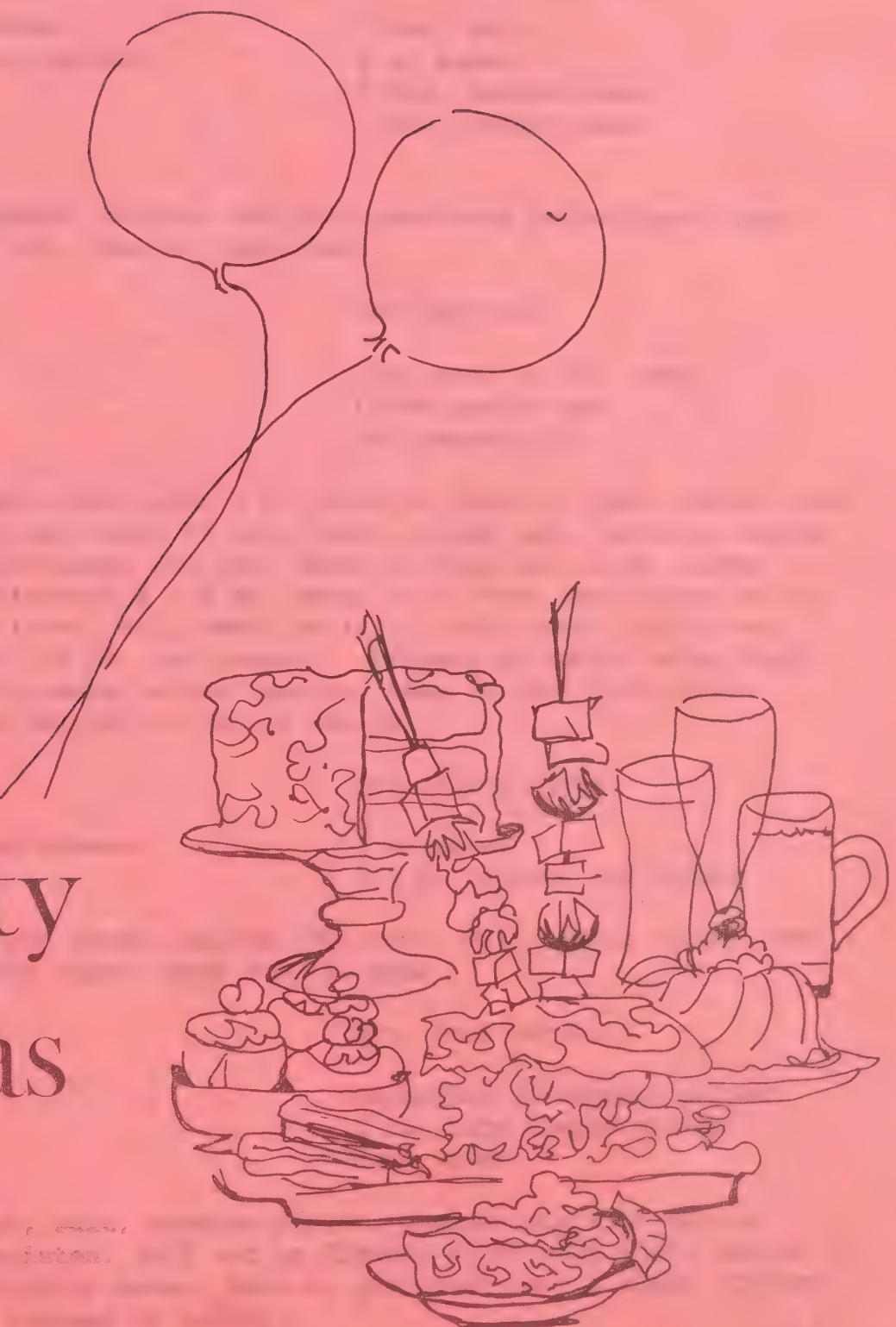
1 box powdered sugar	1/3 c. cocoa
1 stick butter	1 t. vanilla
1/4 c. milk	

Mix well, spread on cake.

# Party Ideas

CO. SPICE

pto. 2 c.  
t. water  
knives. Ba



# Miscellaneous



## PEPPER HASH RELISH

Mrs. Wilburn Shouse

12 red sweet peppers  
 12 green sweet peppers  
 14 med. white onions

1 qt. vinegar  
 3 c. white sugar  
 3 tbs. salt

Select firm peppers, onions, chop and cover with boiling water. Let set 5 mins. Drain cover again with boiling water, let set 10 mins. Drain well. Add vinegar, sugar, salt, boil until consistency of relish. Seal in hot jars. Yields 5 pt. This is a very old recipe of my mother's 1 of our favorites.

## APPLE RELISH

Mrs. Bowman Warren

24 firm red delicious apples  
 24 green red, yellow sweet peppers  
 3 long hot peppers  
 12 onions  
 1 qt. vinegar

2 tbs. salt  
 4 c. sugar  
 2 tbs. mustard seed  
 2 tbs. celery seed

Chop or grind apples, peppers, onions. Mix with remaining ingredients. Cook 10 mins. or until boiling hot. Pack in jars, seal.

## WILMAS DILL PICKLES

Mrs. Ken Wray

2 c. pickling lime  
 3 pt. cider vinegar  
 1 1/2 c. salt uniodized

Dill seed or dill weed  
 Clove garlic opt.  
 Hot pepper, opt.

Wash desired amt. cucumbers, drain. Mix 2 c. pickling lime to 2 gal. water. Pour over cucumbers, covering. Let stand 24 hrs. Drain, rinse well, slice or leave sm. ones whole. Soak in ice water 3-4 hrs. Bring to full boil 3 pt. cider vinegar, 1 1/2 c. salt uniodized 4 1/2 qt. water 18 c. Pour over cubes in jar. Add to each jar following 1 tbs. dill seed, or 1/4 t. dill weed, 2-3 slices clove garlic or to taste, 1-2 pc. hot pepper. Process in boiling water bath canner 10 mins. Let set 2-3 weeks before opening. Keep in cool dark place. Garlic and peppers may be omitted if you so desire.

## CHEESIES

Mrs. Alice Kiger

1/2 bl. 8 oz. sharp grated cheese  
 1 3/4 stick margarine

2 c. flour  
 1/2 t. cayenne red pepper

Cream margarine, cheese. Add flour, pepper. Mix well. Fill cookie press. Form cookies on ungreased cookie sheet. Bake 400° 10 mins

## CHEESE STRAWS

Mrs. Paul Hayworth

2 c. all purpose flour  
 1/4 lb. butter  
 1t. salt

Saltspoon of cayenne pepper  
 1 lb. hoop cheese grated  
 2 t. water

Into 2 c. flour mix butter, salt, cayenne pepper, cheese. Mix with approx. 2 t. water or enough to moisten. Roll out on floured cloth very thin, cut in strips. Bake 350° until lightly brown. Bake on ungreased cookie sheet. Crisco can be used with success instead of butter.

## CHILI CHEESE LOG

1 3 oz. pkg cream cheese  
 2 c. 8 oz. sharp process amer. cheese  
 shredded  
 1 tbs. lemon juice  
 1/4 t. garlic powder

## Kay Booze

Dash red pepper ground  
 1/4 c. finely chopped pecans  
 1 t. chili powder  
 1 t. paprika

Combine soft cheeses, lemon juice, garlic powder, red pepper. Beat with mixer until light, fluffy. Stir in nuts. Shape into roll about 1 1/4" diameter. Sprinkle with chili powder, paprika. Chill. Let stand room temp 10 mins. before serving with crackers.

## ICED TEA SYRUP

1 c. tea  
 2 1/2 c. sugar

## Mrs. Wilburn Shouse

1 qt. boiling water

Steep 7 mins. This makes a syrup. Use 2-3 tbs. syrup for glass of tea. Keep in refrigerator until used. Good to have for a large crowd.

## TEA PARTY PUNCH

Rinds 3 lemons  
 1 qt. boiling water  
 1 qt. weak tea sweetened  
 Juice 3 lemons  
 1 lg. can frozen orange juice concentrate  
 1 sm. can frozen limeade concentrate

## Mrs. Alfred Stultz

1 sm. can frozen lemonade concentrate  
 2 lg. bottles grapefruit drink  
 1 sm. bottle ginger ale  
 1 can cocktail cranberry juice  
 Sugar

Soak lemon rinds in boiling water 10 mins. Cool. Add water to tea. Add remaining ingredients. Sweeten to taste. Yield 6 qt.

## STRAWBERRY PRESERVES

1 qt. strawberries

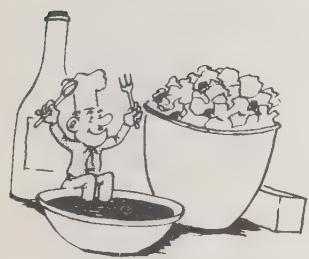
## Josephine Smith

3 c. sugar

Put 1 1/2 c. sugar with fruit, boil 5 mins. Add remaining sugar, boil 10-15 mins. A watery fruit must be cooked longer. Turn into an earthenware jar and let stand 24 hrs. Stir occasionally. Seal cold in sterilized jars. P.S. Only 1 qt. must be cooked at a time.



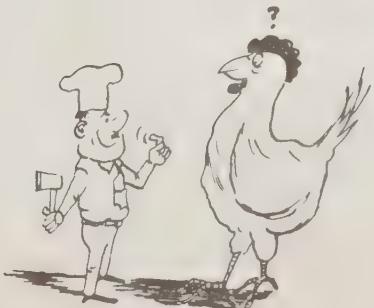
# QUANTITY RECIPES



## CALORIE COUNTERS

## AND

## MISCELLANEOUS INFORMATION



# SOME FOOD FACTS TO HELP BEGINNER COOK

## Eggs:

1. Eggs are best when cooked at low temperature or slowly. The term hard cooked should be used instead of boiled.

To hard cook eggs, cover with cold water, bring to simmering temperature and cook on low for 10 to 15 minutes. Drain off hot water and cover with cold. In cooking a large quantity of eggs as for Easter, do as above, bring water to boil, set off heat, keep covered. When water is cold, eggs will be firmly cooked. Egg yolks turn dark when cooked too long or cooked at high temperature.

In making custards or pie fillings: Do not add eggs to boiling mixture, but pour some of hot mixture into eggs, stirring while mixture is added. (This partially cooks eggs and they have the thickening property they should.) Add this egg mixture back to the sauce pan which has the boiling mixture.

## SOME EQUIVALENTS AND HINTS

1. 3 tb. cocoa=1 square chocolate (if the desired richness is desired, add 1 tb. margarine).
2. To make sour milk from sweet milk, add 1 tb. vinegar or lemon juice to 1 C. sweet milk. Let stand few minutes.
3. To tint coconut. Toss in a little milk or water, add a few drops of food coloring. Drain, dry.
4. Electric range units are so reliable. They can be turned to warm or simmer for cooking things for which you formerly thought you needed a double boiler. Begin your heating on higher temperature, then turn immediately to simmer, stirring as it cooks.
5. To get grated orange and lemon peel, grate before fruit is cut. Rub washed fruit diagonally across grater in long strokes. Peel won't stick to grater.
6. To peel and cut onions hold them under the exhaust fan (turned on) of your range hood; no watering eyes.
7. Corn starch has twice thickening quality of flour. For 1 tb. of corn starch 2 tb. flour are needed.
8. Keep dry bread crumbs frozen for use at a moment's notice. Dry bread ends, trimmings, etc. in a partially opened paper sack. When crisp, run in blender to make crumbs.
9. To peel tomatoes for any use, place in boiling water 1 minute, then place in cold water. Skins will slip off.
10. To freshen crackers or cereal, heat in moderate oven for 3-5 minutes depending on staleness.
11. Washing fruit:  
Strawberries: Place in cold water to cover, lift out with hands. Remove caps after washing. (Wash other fruits same way.)  
When fruit is to be kept several days in refrigerator, wash only the fruit as it is used.
12. These are given elsewhere, but you might miss them:
  - (1) To measure solid shortening as 1/2 cup: Fill cup 1/2 full with cold water then put in shortening until water rises to top. All shortening is under water.
  - (2) To melt chocolate: Put wrapped square on electric range unit turned to simmer or warm with cut side of paper up. Chocolate gets soft and can be poured directly from paper.
13. To cook meat—chicken, beef, or pork for use in other dishes as salad, casseroles, etc.:
  1. Simmer covered on top of range in small amount of water or amount to have the amount of stock required for recipe. Cook until fork tender. Salt during last part of cooking. If more water is used, keep it for soup, etc.
  2. Cook covered in oven, using small amount of water. Oven setting 300° to 350° until tender.
  3. May be cooked in pressure cooker. Use directions given with cooker.

# A

## Calories

### Almonds

In shell (1 cup) . . . . .	238
Shelled (1/2 cup) . . . . .	424
Salted (12 to 15) . . . . .	93
Chocolate covered (5 medium or 8 small) . . . . .	84
Anchovies, canned (3 small fillets) . . . . .	20
Apple butter (1 tablespoon) . . . . .	33
Apples	
Raw (1 large) . . . . .	117
Raw (1 medium) . . . . .	70
Raw (1 small) . . . . .	58
Raw (1 cup slices) . . . . .	83
Baked (1 large) . . . . .	158
Dehydrated (1 pound) . . . . .	1606
Dried (1 cup) . . . . .	315
Dried, cooked, unsweetened (1 cup) . . . . .	201
Dried, cooked, sweetened (1 cup) . . . . .	294
Apples and apricots, canned, strained (1 ounce) . . . . .	18
Applesauce, canned, unsweetened (1 cup) . . . . .	100
Applesauce, canned, sweetened (1 cup) . . . . .	185
Applesauce, canned, strained (1 ounce) . . . . .	17
Apricots	
Fresh (3 medium) . . . . .	54
Candied (1 medium) . . . . .	101
Canned (1 cup with syrup) . . . . .	200
Canned (4 halves, 2 tablespoons syrup) . . . . .	97
Canned, water pack (1 cup with liquid) . . . . .	80
Canned, low calorie (4 or 5 halves) . . . . .	41
Dried (5 small halves) . . . . .	49
Frozen (3 ounces) . . . . .	70
Asparagus (1 pound cooked) . . . . .	92
Asparagus (1 cup cut spears) . . . . .	38
Asparagus, canned (6 spears) . . . . .	21
Asparagus, frozen (6 spears) . . . . .	21

# B

## Calories

Bacon, broiled or fried (2 strips) . . . . .	95
Bacon, Canadian (4 ounces) . . . . .	262
Bacon, Canadian, cooked (1 slice) . . . . .	57
Bananas	
Fresh (1 large) . . . . .	119
Fresh (1 medium) . . . . .	85
Fresh (1 cup slices) . . . . .	136
Bass, baked or broiled (4 ounces) . . . . .	180
Beans	
Baked, canned, pork and molasses (1 cup) . . . . .	325
Baked, canned, pork and tomato sauce (1 cup) . . . . .	295
Green (1 cup cooked) . . . . .	25
Green, canned (1 cup, with liquid) . . . . .	45
Green, canned, strained (1 ounce) . . . . .	6
Kidney, canned (1 cup) . . . . .	230
Lima (1 cup cooked) . . . . .	152
Lima, canned (1 cup) . . . . .	152
Lima, dry (1 cup cooked) . . . . .	260
Lima, frozen (3 tablespoons) . . . . .	109
Navy, dry (1/2 cup) . . . . .	321
Pinto, dry (1/2 cup) . . . . .	349
Wax, canned (1 cup) . . . . .	27
Beef	
Boiled (3 ounces) . . . . .	185
Braised or pot-roasted (3 ounces) . . . . .	340
Braised or pot-roasted, lean only (3 ounces) . . . . .	115
Brisket (3 medium slices) . . . . .	338
Chuck, cooked (3 ounces, no bone) . . . . .	270
Chuck, ground (4 ounces) . . . . .	315
Corned, boiled (large slice) . . . . .	100
Corned, canned, lean (3 ounces) . . . . .	159
Corned, canned, medium-fat (3 ounces) . . . . .	182
Dried, chipped (2 ounces) . . . . .	115
Dried, chipped, creamed (1/2 cup) . . . . .	209

Flank (3 ounces, no bone) . . . . .	270
Hamburger, regular (3 ounces) . . . . .	245
Hamburger, lean (3 ounces) . . . . .	185
Plate, braised (4 slices) . . . . .	334
Roast, rib (3 ounces) . . . . .	266
Roast, with fat (3 ounces) . . . . .	245
Roast, lean only (3 ounces) . . . . .	110
Round (3 ounces) . . . . .	197
Round, ground (4 ounces) . . . . .	195
Rump (3 ounces) . . . . .	320
Rump, pot-roasted (1 medium slice) . . . . .	320
Short ribs (4 ounces) . . . . .	485
Steak, club (4 ounces) . . . . .	335
Steak, filet mignon (3 ounces) . . . . .	248
Steak, flank (4 ounces) . . . . .	280
Steak, porterhouse (4 ounces) . . . . .	290
Steak, rib (4 ounces) . . . . .	315
Steak, round (4 ounces) . . . . .	288
Steak, sirloin (4 ounces) . . . . .	250
Steak, t-bone (4 ounces) . . . . .	295
Steak, tenderloin (4 ounces) . . . . .	270
Stew meat, chuck (4 ounces) . . . . .	405
Beets	
Raw (1 cup) . . . . .	56
Cooked (1 cup) . . . . .	68
Canned (1 cup) . . . . .	68
Canned, strained (1 ounce) . . . . .	10
Pickled (1 cup) . . . . .	56
Biscuits (1 medium) . . . . .	129
Biscuits (1 small) . . . . .	85
Blackberries	
Fresh (1 cup) . . . . .	80
Canned (1 cup with syrup) . . . . .	216
Canned, water pack (1 cup with liquid) . . . . .	104
Canned, low calories (1 cup) . . . . .	62
Blueberries	
Fresh (1 cup) . . . . .	85
Canned (1 cup with syrup) . . . . .	245
Canned, water pack (1 cup with liquid) . . . . .	90
Canned, low calorie (1 cup) . . . . .	86
Frozen, unsweetened (3 ounces) . . . . .	52
Bologna (1/8 inch slice) . . . . .	86
Bouillon cube, beef or chicken (1 cube) . . . . .	2
Brains, all kinds (3 ounces) . . . . .	106
Brazil nuts (1 medium) . . . . .	26
Breads	
Boston brown (3/4 inch slice) . . . . .	105
Brown nut (1 slice) . . . . .	100
Cinnamon (1 slice) . . . . .	130
Corn (1 piece) . . . . .	130
Cracked wheat (1 slice) . . . . .	60
French (1 small slice) . . . . .	54
Graham (1 slice) . . . . .	55
Italian (1 small slice) . . . . .	60
Pumpernickel (1 slice) . . . . .	75
Raisin (1 slice) . . . . .	80
Roman meal (1 slice) . . . . .	69
Rye, light (1 slice) . . . . .	55
Rye, dark (1 slice) . . . . .	71
Rye, party sliced (1 slice) . . . . .	37
Short (1 piece) . . . . .	81
Spoon (1 serving) . . . . .	199
Vienna (1 small slice) . . . . .	54
White (1 slice) . . . . .	60
Whole wheat (1 slice) . . . . .	55
Whole wheat, raisin (1 slice) . . . . .	60
Broccoli (1 stalk) . . . . .	29
Broccoli, frozen (3 1/2 ounces) . . . . .	23
Brussels sprouts (1 cup cooked) . . . . .	60
Brussels sprouts, frozen (3 1/2 ounces) . . . . .	47
Butter (1 tablespoon) . . . . .	100
Butter (1 pat) . . . . .	50

Butter, sweet (1 tablespoon) . . . . .	100
Butterfish, baked or broiled (3 ounces) . . . . .	176
Butterfish, fried (6 1/4 inch fish) . . . . .	211
Buttermilk (1 cup) . . . . .	86
Butternuts (4 or 5) . . . . .	96

## C

	Calories
Cabbage (1 cup shredded) . . . . .	24
Cabbage (1 cup cooked) . . . . .	40
Cakes	
Angel food (small slice) . . . . .	110
Butter, plain (1 square) . . . . .	130
Butter, iced (1 square) . . . . .	320
Cheesecake (1 piece) . . . . .	275
Chocolate, iced (1 piece) . . . . .	190
Chocolate layer cake (1 piece) . . . . .	356
Coconut, iced (1 piece) . . . . .	258
Cup, iced (1) . . . . .	161
Gingerbread (1 square) . . . . .	180
Jelly roll (1 slice) . . . . .	150
Layer, 2 layers (1 piece) . . . . .	345
Pineapple upside-down (1 piece) . . . . .	450
Pound (1 slice) . . . . .	130
Sponge (1 piece) . . . . .	117
Candies	
Almond Joy (10¢ size) . . . . .	218
Caramel (1 medium) . . . . .	42
Chocolate, milk (1 ounce) . . . . .	155
Chocolate bar (2 ounce bar) . . . . .	270
Chocolate cream (1 medium) . . . . .	51
Chocolate fudge (1 ounce) . . . . .	118
Chocolate kisses (1) . . . . .	21
Clark bar (5¢ bar) . . . . .	133
Divinity (1 square) . . . . .	100
Fudge, with nuts (1 ounce) . . . . .	122
Gumdrops (1 large or 8 small) . . . . .	33
Hershey milk chocolate (5¢ bar) . . . . .	115
Jelly Beans (10) . . . . .	66
Lemon drops (1) . . . . .	15
Licorice rope twist (7 1/2 inches) . . . . .	37
Lifesavers, mint (1 roll) . . . . .	90
Mars Milky Way (1 bar) . . . . .	138
Marshmallow (1) . . . . .	25
Mounds (10¢ bar) . . . . .	238
Orange Drops (1) . . . . .	15
Peanut brittle (1 ounce) . . . . .	125
Cantaloupe (1/2 melon) . . . . .	37
Carrots	
Raw (1) . . . . .	21
Cooked (1 cup diced) . . . . .	44
Frozen (3 1/2 ounces) . . . . .	25
Cashew nuts (6 to 8) . . . . .	88
Catfish (3 ounces) . . . . .	168
Catsup (1 tablespoon) . . . . .	15
Cauliflower (1 cup cooked) . . . . .	30
Celery (1 large stalk) . . . . .	5

Cereals	
Bran flakes (1 cup) . . . . .	117
Cheerios (1 1/8 cups) . . . . .	104
Corn flakes (1 cup) . . . . .	96
Cream of Wheat, cooked (1 cup) . . . . .	120
Kellogg's Special "K" (1 cup) . . . . .	70
Shredded wheat (1 ounce biscuit) . . . . .	100
Cheese	
American (1 ounce) . . . . .	115
Cheddar, processed (1 ounce) . . . . .	105
Cottage (1 cup) . . . . .	215
Cream (1 tablespoon) . . . . .	56
Parmesan, grated (1 tablespoon) . . . . .	30
Roquefort (1 ounce) . . . . .	105
Swiss, natural (1 ounce) . . . . .	105
Swiss, processed (1 ounce) . . . . .	101
Velveeta (1 ounce) . . . . .	90

Cherries	
Canned, red sour (1 cup) . . . . .	120
Maraschino (1) . . . . .	20
Chicken	
Boiled (4 ounces) . . . . .	75
Broiler (3 ounces, broiled) . . . . .	115
Fryer (small leg, fried) . . . . .	64
Stewing (1/2 breast or 1 thigh, stewed) . . . . .	207
Chicken a la king (1/2 cup) . . . . .	230
Chili con carne (1 cup with beans) . . . . .	291
Cocoa, all milk (1 cup) . . . . .	235
Codfish (4 ounces) . . . . .	84
Coffee, black . . . . .	0
Coffee with 1 tablespoon light cream . . . . .	30
Coffee with 1 teaspoon sugar . . . . .	16
Cookies	
Animal Crackers (1) . . . . .	9
Butter (1) . . . . .	42
Chocolate (1) . . . . .	50
Chocolate chip (1) . . . . .	75
Gingersnap (1 large) . . . . .	50
Graham cracker (1) . . . . .	28
Oatmeal (1 large) . . . . .	114
Oreo Creme Sandwich (1) . . . . .	57
Vanilla wafer (1) . . . . .	25
Corn (1 ear) . . . . .	85
Corn, canned (1 cup with liquid) . . . . .	170
Corn, frozen (3 1/2 ounces) . . . . .	77
Crackers	
Ritz (1) . . . . .	15
Rye wafer (1) . . . . .	25
Ry-Krisp (1 double square) . . . . .	20
Saltine (1) . . . . .	17
Soda (1) . . . . .	23
Cream	
Light (1 tablespoon) . . . . .	30
Heavy (1 tablespoon) . . . . .	50
Whipped (1 tablespoon) . . . . .	25
Croquettes, Chicken (1 medium) . . . . .	175
Croquettes, fish (1 medium) . . . . .	125
Croquettes, potato (1 medium) . . . . .	171
Croutons (1/2 inch cube) . . . . .	5
Cucumbers (1 medium) . . . . .	25
Cucumbers (6 slices) . . . . .	6
Currants (1 cup) . . . . .	60
Currants, cooked, sweetened (1 cup) . . . . .	125

## D

	Calories
Deviled meat (1 tablespoon) . . . . .	50
Doughnuts	
Cake, plain (1) . . . . .	135
Raised or yeast (1) . . . . .	121

## E

	Calories
Eggs	
Boiled (1 medium) . . . . .	77
Deviled (2 halves) . . . . .	135
Fried (1 medium) . . . . .	110
Hard-cooked (1 medium) . . . . .	77
Scrambled, with milk (1) . . . . .	106
Endive (1 pound) . . . . .	90
Endive (15 to 20 inner leaves) . . . . .	10
Escarole (1 pound) . . . . .	90
Escarole (7 small leaves) . . . . .	4

## F

## Calories

Fish, creamed (1/2 cup) . . . . .	200
Fish cakes (1) . . . . .	153
Fish Sticks, frozen (4 ounces) . . . . .	200
Frankfurters (1, about 1.8 ounces) . . . . .	155
French toast (1 piece) . . . . .	135
Fruit cocktail (1 cup) . . . . .	112
Fruit cocktail, canned (1 cup with syrup) . . . . .	175
Fruit cocktail, canned, low calorie (1 cup) . . . . .	72
Fruits for salad, canned (3 tablespoons) . . . . .	155
Fruits for salad, canned, low calorie (1 cup) . . . . .	74

## Juices

Apple, fresh or canned (1 cup) . . . . .	125
Apricot nectar (1 cup) . . . . .	135
Blackberry (1 cup) . . . . .	77
Grape (1 cup) . . . . .	165
Grapefruit (1 cup) . . . . .	85
Orange, canned, unsweetened (1 cup) . . . . .	110
Orange, frozen, diluted (1 cup) . . . . .	105
Prune, canned (1 cup) . . . . .	170
Tomato, canned (1 cup) . . . . .	50
V-8 (1 cup) . . . . .	98

## G

## Calories

Gelatin, plain (1 tablespoon) . . . . .	34
Gelatin, fruit flavors, prepared (1/2 cup) . . . . .	78
Goulash, Hungarian (1/2 cup) . . . . .	165
Grapefruit	
Fresh (1/2 medium) . . . . .	75
Fresh, pink (1/2 medium) . . . . .	55
Grapes	
Fresh, American type (1 cup) . . . . .	70
(Concord, Delaware, Niagara) . . . . .	
Gravy (3 tablespoons) . . . . .	100
Gum, chewing (1 stick) . . . . .	25

## H

## Calories

Haddock, baked (1 fillet) . . . . .	158
Halibut, broiled (4-ounce steak) . . . . .	207
Ham	
Baked (1 slice) . . . . .	100
Boiled (2 ounces) . . . . .	172
Canned, deviled (1 tablespoon) . . . . .	94
Smoked, cooked (3 ounces, no bone) . . . . .	339
Hash, beef (1 cup) . . . . .	290
Hickory nuts (15 small) . . . . .	101
Honeydew melon (1 wedge) . . . . .	49
Horseradish (1 tablespoon) . . . . .	5
Huckleberries (1 cup) . . . . .	85

## I

## Calories

Ice cream cone (cone alone) . . . . .	45
Ice cream	
Plain, vanilla (1/4 pint) . . . . .	150
Chocolate (1/4 pint) . . . . .	200
Strawberry (1/4 pint) . . . . .	185
Ice cream soda	
Chocolate, vanilla ice cream (8-oz.) . . . . .	355
Chocolate, chocolate ice cream (8-oz.) . . . . .	385
Vanilla, vanilla ice cream (8-oz.) . . . . .	355
Ice cream sundae	
Banana split . . . . .	1165
Butterscotch . . . . .	410
Chocolate (vanilla ice cream) . . . . .	400

## J

## Calories

Jams, jellies	
Blackberry jam (1 tablespoon) . . . . .	55
Blackberry jelly (1 tablespoon) . . . . .	50
Grape jelly (1 tablespoon) . . . . .	54
Preserves (1 tablespoon) . . . . .	55
Strawberry jam (1 tablespoon) . . . . .	55

## L

## Calories

Lamb	
Breast, stewed (1 serving) . . . . .	274
Chops, cooked, lean only (2.4 ounces) . . . . .	130
Roast, leg, lean only (2.3 ounces) . . . . .	120
Lemon (1 medium) . . . . .	20
Lemonade, frozen, diluted (1 cup) . . . . .	75
Lettuce (4 small leaves) . . . . .	5
Limeade, frozen, diluted (1 cup) . . . . .	75
Liver	
Beef (2 ounces fried) . . . . .	118
Calves' (3 ounces) . . . . .	120
Pork (3 ounces) . . . . .	114
Lobster	
Fresh (3/4 pound lobster) . . . . .	88
Baked or broiled (average) . . . . .	308

## M

## Calories

Macaroni, cooked till tender (1 cup) . . . . .	155
Macaroni and cheese (1 cup) . . . . .	475
Margarine (1 tablespoon) . . . . .	100
Meat loaf, beef-pork (1 slice) . . . . .	264
Milk	
Whole (1 cup) . . . . .	165
Skim, nonfat (1 cup) . . . . .	87
Buttermilk (1 cup) . . . . .	86
Half and half (1 cup) . . . . .	330
Milkshake, with ice cream (10 ounces) . . . . .	385
Muffins	
Bran (1 medium) . . . . .	106
Corn (1 medium) . . . . .	106
English (1 medium) . . . . .	125
White (1 medium) . . . . .	120

## O

## Calories

Olives, green, stuffed (3 medium) . . . . .	35
Olives, ripe or black (10 large) . . . . .	85
Onions	
Raw (1 tablespoon chopped) . . . . .	4
French fried (20 rings) . . . . .	150
Green (6 small) . . . . .	25
Orange, fresh (1 medium) . . . . .	70
Oyster stew, with milk (1 cup) . . . . .	209
Oysters	
Raw (1 cup, about 13-19) . . . . .	160
Raw, Bluepoint (6 to 9) . . . . .	100
Fried (6) . . . . .	300

# P

## Calories

<b>Pastries</b>	
Cream puff (1)	296
Eclair, chocolate, custard (1)	250
Tart (1)	150
<b>Peaches</b>	
Fresh (1 medium)	35
Canned (2 halves with 2 tablespoons syrup)	79
Canned, low calorie (1 cup)	54
Peanut butter (1 tablespoon)	90
Peanuts, Spanish (1/4 cup)	240
<b>Pears</b>	
Fresh (1)	95
Canned (2 halves with 2 tablespoons syrup)	79
Canned, low calorie (2 halves)	33
<b>Peas</b>	
Fresh (1 cup cooked)	110
Canned (1 cup with liquid)	170
Frozen (1/2 cup)	75
Pecans (6 whole)	104
Peppers, green, stuffed (1 medium)	175
Pickles, dill (1 large)	15
Pickles, sweet (1 medium)	20
<b>Pies</b>	
Apple (1 piece)	331
Apricot (1 piece)	328
Banana Cream (1 piece)	260
Berry (1 piece)	340
Cherry (1 piece)	340
Chocolate meringue (1 piece)	275
Custard (1 piece)	266
Lemon meringue (1 piece)	302
Mincemeat (1 piece)	341
Peach (1 piece)	330
Pecan (1 piece)	479
Pineapple cream (1 piece)	350
Pumpkin (1 piece)	265
Strawberry cream (1 piece)	350
<b>Pineapple</b>	
Fresh (1 slice)	44
Canned (1 cup crushed)	205
Canned, low calorie (1/2 cup)	48
Popcorn, no butter (1 cup)	54
<b>Pork</b>	
Chops, lean only (1.6 ounces)	120
Roast, lean only (2.2 ounces)	160
Shoulder (1 slice)	160
Spareribs (3 medium ribs)	123
Tenderloin (3 1/2 ounces)	239
Potato Chips (8 to 10)	110
<b>Potatoes</b>	
Baked (1 medium)	97
Boiled (1 medium)	97
Creamed (1/2 cup)	116
French fried (8 pieces)	157
Fried (1 cup)	479
Hash browned (1 cup)	470
Mashed, with milk, butter (1 cup)	230
<b>Puddings</b>	
Apple dumpling (1)	345
Banana custard (1/2 cup)	125
Bread (1/2 cup)	150
Chocolate (1/2 cup)	175
Custard (1/2 cup)	140
Vanilla (1/2 cup)	138
<b>R</b>	
Calories	
Radishes (4 small)	10
Rice, white (1 cup cooked)	170

# Rolls

Hamburger (1)	150
Hard (1)	160
Frankfurter (1)	160
French (1)	100
Parker House (1)	125
Plain (1)	118
Sweet (1)	178
Whole wheat (1)	98

# S

## Calories

<b>Salad dressings</b>	
Bacon-vinegar (1 tablespoon)	29
Commercial, mayonnaise type (1 tablespoon)	58
French, commercial (1 tablespoon)	60
Mayonnaise (1 tablespoon)	110
Vinegar and oil, equal parts (1 tablespoon)	63
<b>Salads</b>	
Cole slaw (1 cup)	102
Eggs, deviled	148
Fruit, fresh (3 tablespoons)	160
Gelatin, with fruit (1 square)	139
Gelatin, with vegetables (1 square)	115
Lettuce and tomatoes	35
Potato, with onions (1/2 cup)	184
Mixed greens, with French dressing (1/2 cup)	50
<b>Sandwiches</b>	
Bacon-egg (1)	350
Bacon-tomato-lettuce (1)	305
Barbecue beef (1)	260
Barbecue pork (1)	310
Bologna (1)	360
Cheese, Cheddar (1)	300
Cheese, Swiss (1)	300
Cheeseburger (1)	460
Egg, fried (1)	285
Egg salad (1)	300
Frankfurter (1)	254
Ham, boiled or baked (1)	350
Ham salad (1)	474
Hamburger (1)	360
Luncheon meat (1)	385
Meat loaf (1)	430
Peanut butter (1)	328
Roast beef (1)	310
Roast beef with gravy (1)	400
Roast pork (1)	414
Roast pork with gravy (1)	500
Salami (1)	360
Steak (1)	430
Tuna salad (1)	330
Turkey (1)	350
Sauerkraut (1 cup drained)	30
<b>Soft drinks</b>	
Coca-Cola (8 ounces)	107
Grape (8 ounces)	107
Orange (8 ounces)	95
Pepsi Cola (8 ounces)	107
Root beer (8 ounces)	107
<b>Soups</b>	
Beef (1 cup)	100
Bouillon (1 cup)	10
Chicken, noodle (1 cup)	100
Mushroom, cream (1 cup)	200
Onion (1 cup)	64
Potato (1 cup)	185
Spaghetti	
Cooked, with meat sauce (1 cup)	350
Cooked, with meat balls (1 cup, 2 meat balls)	550

Spinach	
Raw (4 ounces) . . . . .	22
Cooked (1 cup) . . . . .	45
Canned (1 cup) . . . . .	46
Canned, strained, creamed (1 ounce) . . . . .	10
Stew	
Beef and vegetable (1 cup) . . . . .	252
Rabbit (1 cup) . . . . .	420
Veal and vegetables (1 cup) . . . . .	242
Strawberries, fresh (1 cup) . . . . .	54
Stuffing, bread (1/2 cup) . . . . .	233
Sugar	
Beet (1 tablespoon) . . . . .	48
Brown (1 tablespoon) . . . . .	51
Confectioners (1 tablespoon) . . . . .	31
Granulated (1 tablespoon) . . . . .	48
Granulated (1 teaspoon) . . . . .	16
Swiss steak (1 serving) . . . . .	470
Syrups	
Chocolate (1 tablespoon) . . . . .	40
Corn (1 tablespoon) . . . . .	57
Honey (1 tablespoon) . . . . .	60
Maple (1 tablespoon) . . . . .	50
Molasses, light (1 tablespoon) . . . . .	50
Molasses, medium (1 tablespoon) . . . . .	46

## Counting Your Calories

Calories are merely units of energy found in all foods. If you eat more calories than your body can use in its normal, daily activity, the excess is stored as fat --- and it's this storehouse we're after.

Most people leading moderately active lives need 15 calories per pound to maintain their desired weight. So if you want to stay, say, at 150 pounds, you can consume foods containing no more than 2,250 calories each day.

$$150 \times 15 = 2,250$$

### LOSING POUNDS - HOW MANY AND HOW FAST

There are approximately 3,500 calories in each stored pound of fat. So to lose one pound a week, consume 500 fewer calories each day than if you were already at your desired weight. Figure it this way....

$$\begin{array}{r}
 \text{150 pounds desired weight} \\
 \times 15 \\
 \hline
 2,250 \text{ calories needed to maintain desired weight} \\
 -500 \text{ calories daily to lose one pound per week} \\
 \hline
 1,750 \text{ maximum daily calories}
 \end{array}$$

	Calories
Tea (1 cup) . . . . .	0
Tomatoes	
Fresh (1 medium) . . . . .	30
Canned (1 cup) . . . . .	45
Stewed (1 cup) . . . . .	50
Turkey	
Roasted (1 slice) . . . . .	100

Or, if you want to lose two pounds each week....

$$\begin{array}{r}
 150 \\
 \times 15 \\
 \hline
 2,250 \\
 -1,000 \\
 \hline
 1,250 \text{ maximum daily calories to lose 2 pounds per week}
 \end{array}$$

	Calories
Waffles (1 medium) . . . . .	216
Walnuts, black (8 to 10 halves) . . . . .	100
Walnuts, English (1 tablespoon chopped) . . . . .	49
Watermelon (1 wedge) . . . . .	120
White fish, steamed (4 ounces) . . . . .	115
White fish, smoked (4 ounces) . . . . .	180

It is usually unwise to try to lose more than two pounds per week because a rapid weight loss may leave you tired, grumpy, and vulnerable to illness. If you are more than 10 pounds overweight, see your family doctor before launching any do-it-yourself diet. Many heavy people have unsuspected illness and it would be foolhardy to complicate an already serious condition by depriving your body of the nutrition it needs when under attack by disease.

## What You Should Weigh

HEIGHTS	SMALL FRAME	MEDIUM FRAME	LARGE FRAME	HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
(with shoes - 1-in. heels)				(with shoes - 2-in. heels)			
5 ft. 4 in.	118-126	124-136	132-148	4 ft. 11 in.	94-101	98-110	106-122
5 ft. 5 in.	121-129	127-139	135-152	5 ft. 0 in.	96-104	101-113	109-125
5 ft. 6 in.	124-133	130-143	138-156	5 ft. 1 in.	99-107	104-116	112-128
5 ft. 7 in.	128-137	134-147	142-161	5 ft. 2 in.	102-110	107-119	115-131
5 ft. 8 in.	132-141	138-152	147-166	5 ft. 3 in.	105-113	110-122	118-134
5 ft. 9 in.	136-145	142-156	151-170	5 ft. 4 in.	108-116	113-126	121-138
5 ft. 10 in.	140-150	146-160	155-174	5 ft. 5 in.	111-119	116-130	125-142
5 ft. 11 in.	144-154	150-165	159-179	5 ft. 6 in.	114-123	120-135	129-146
6 ft. 0 in.	148-158	154-170	164-184	5 ft. 7 in.	118-127	124-139	133-150
6 ft. 1 in.	152-162	158-175	168-189	5 ft. 8 in.	122-131	128-143	137-154
6 ft. 2 in.	156-167	162-180	173-194	5 ft. 9 in.	126-135	132-147	141-158
6 ft. 3 in.	160-171	167-185	178-199	5 ft. 10 in.	130-140	136-151	145-163
6 ft. 4 in.	164-175	172-190	182-204	5 ft. 11 in.	134-144	140-155	149-168

## ABBREVIATIONS

tsp.	teaspoon
T.	tablespoon
lb.	pound
oz.	ounce
qt.	quart
pt.	pint
min.	minutes
sm.	small
lg.	large
ext.	extract
pkg.	package
med.	medium

Unless otherwise stated, all measurements are level.

MEAT	OVEN TEMPERATURE	THERMOMETER MARKING (on removal from oven)
Beef, filet	500°	120°
Beef, rare	325°	120° (very rare) to 130°
Beef, medium	325°	140°
Beef, well	325°	150°
Lamb, rack of, rare	425°	120°
Lamb, rare	325°	130° to 135°
Lamb, medium	325°	140° to 150°
Lamb, well	325°	150° to 160°
Veal	325°	150° to 160°
Fresh pork or ham	325°	170° to 175° (tem- perature must be over 155° to kill trichinae which may lurk in un- derdone pork)
Chicken	350° to 400°	180° (in thigh)
Turkey	325°	180°
Duck	325°	180°
Goose	325°	180°

## BAKING

When baking a milk pudding, place the dish in a tin of water in the oven. This prevents the pudding from burning or boiling over.

Temperature for Baking: Slow oven, 250 to 325 degrees: Moderate Oven, 350 to 375 degrees: Hot Oven, 400 to 450 degrees: Very Hot Oven, 450 to 500 degrees.

Doughnuts or small cakes can be sugared evenly by tossing in a paper bag with sugar.

When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.

For a nice meringue on pie, add 1 tablespoon sugar to every egg white, add a little cream of tartar and bake in slow heat, about 250 degrees for about 15 minutes.

Add plain gelatin to boiled icing to increase bulk and to make it stand in peaks and swirls. Dissolve the gelatin in 2 tablespoons cold water and add to hot syrup before removing from the fire.

Brush the bottom crust of meat pie, with the white of an egg to prevent the gravy soaking in.

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake.

Make your two crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator, let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.

To keep cookies fresh and crisp in the jar, place a crumpled tissue paper in the bottom.

Creaming Butter and Sugar: In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

Shortly before taking cup cakes from the oven, place a marshmallow on each for the frosting.

Try a little cream of tartar in your 7 minute icing. It will not get dry and crack.

To keep boiled syrup from crystallizing, add a pinch of baking soda.

Put cream or milk on top of two crust pies for a nice brown pie.

When you are making pies and are not in a hurry, prepare for the time when you will be by blending a larger quantity of flour and lard and salt, leave it crumble and set it away in a closed container in the icebox. As you need it, add the water to the needed quantity and you have your pie crust. This will keep as long as the lard would unmixed.

For a variation, try adding nut meats, chopped bits of preserves or chocolate "tid bits" to your Angle Food Cake. Mix with the flour and fold in as usual.

To cut a pie in fifths, make a "v" shaped cut that you think is a fifth. Then make a straight cut from the center of the "v" starting at the point of the "v" and cutting over to the edge of the pie. Then divide the remaining two sections in half.

## TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
Asparagus	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
Beans, Green and Wax	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water. Whole: 2½ min. in boiling water.
Beans, Lima	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
Carrots	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4½ min. in boiling water. Sliced: 3 minutes in boiling water.
Cauliflower	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
Corn, on cob	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
Corn, Kernels	Same as corn on cob. After chilling, cut off kernels and pack.	
Greens. Beet, Chard, Kale Mustard, Spinach, Collards, Etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
Peas	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
Peppers, Green	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

## TO QUICK-FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole. Strawberries may be left whole or sliced.

To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit. Although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

FRUIT	HOW PREPARED	HOW SWEETENED
Apples	Pare, core, slice into uniform sections, scald in hot syrup 180 degrees F. for 3 minutes. Chill before packing.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup)
Blackberries	Sort, wash gently	Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup)
Cherries, Sour	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit
Cherries, Sweet	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup)
Cranberries	Sort, wash	Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup.
Gooseberries	Sort, wash, drain. May be used whole, crushed or sieved for juice.	Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup.
Peaches (Freestone) and Nectarines	Sort, pare, pit halve or slice directly into syrup	50 to 60% syrup plus ascorbic acid
Pineapple	Pare, cut into small sections	Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid.
Plums, Prunes	Sort, wash, halve, pit	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60 % syrup
Raspberries	Sort, do not wash unless necessary.	Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup
Strawberries	Wash, sort, hull. Slice or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit. Juice must cover berries

## CANDY TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes.

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238	Soft ball
Divinity, Caramels	245-248	Firm ball
Taffy	265-270	Hard ball
Butterscotch	275-280	Light crack
Peanut Brittle	285-290	Hard crack
Caramelized Sugar	310-321	Caramelized

In using the cold water test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about  $\frac{1}{2}$  teaspoon into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all elasticity and will roll around on a plate on removal from the water.

When making fudge or frosting add  $\frac{1}{4}$  teaspoon cream of tartar before removing from the fire. This will keep your candy from getting hard.

## CANNING

When making jelly and jam hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

A vegetable brush is just the thing to remove scum from jelly or soup. Try it.

## APPLE BUTTER

(A) When making place 3 large marbles in kettle. Prevents popping.

(B) When making add a little salt when it starts to cook. Saves sugar, is richer in flavor.

To clean can lids, put lids in a pan. Cover with sweet milk, let stand till clabbored, then take out and wash. They are like new.

A little lime kept on shelves where jellies or preserves are stored, will usually prevent formation of mold.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Too much sugar is the most frequent cause of jelly failure.

Strong, dark colored jelly results from the long cooking.

# FOOD QUANTITIES FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook:

Food	25 Servings	50 Servings	100 Servings
<b>SANDWICHES:</b>			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
<b>MEAT, POULTRY OR FISH:</b>			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
<b>SALADS, CASSEROLES:</b>			
Potatoe salad	4½ quarts	2¼ gallons	4½ gallons
Scalloped potato	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
<b>ICE CREAM:</b>			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
<b>BEVERAGES:</b>			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons 1½ gal. water	20 to 30 lemons 3 gal. water	40 to 60 lemons 6 gal. water
<b>DESSERTS:</b>			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pint	1½ to 2 pints	3 pints

## QUANTITY COOKING FOR 100

beef and veal, 40 lbs.	lettuce (large heads), 12 (for salad cups)
baked beans, (canned) 4 no. 10	loaf sugar, 2 lbs.
beans, string (fresh), 18 lbs. (frozen), 10 40 oz. pkgs.	meat loaf, 18 lbs.
(canned, 4 no. 10)	pork rib roast, 36 lbs.
beets (fresh), 20 lbs. (canned, 4 no. 10)	pork chops and veal, 30 lbs. (cutlets)
butter (in sqs.) 2 lbs.	peas (fresh), 70 lbs. (frozen, 10 40 oz. pkgs.)
cabbage, shredded, for salad, 20 lbs.	potatoes (mashed) 35 lbs. (for scalloping, 25 lbs.)
carrots (cooked), 24 lbs.	potatoes (for salad) ½ bu.
cocktail, 3 gals	rolls, 16 doz.
coffee, 2½ lbs.	salad dressing, (any kind) 2 qts.
corn (canned) 2 no. 10 (frozen, 10 40 oz. pkgs.)	soup, 6 gals.
crackers, 6 lbs.	sweet potatoes (canned) 4 no. 10
cream for coffee, 6 lbs.	sweet potatoes, fresh, 24 lbs. (served candied)
cream for whipping, ½ gal.	tomatoes (scalloped) 4 no. 10
fowl, creamed, 32 lbs.	corn beef, 40 lbs.
fowl, roasted, 60 lbs.	stew beef, 32½ lbs.
ham (roasted), 30 lbs.	strawberries, 20 qts.
ice cream, 3 gals.	
jam or preserves, 3 qts.	

\*\*\*\*\*

### FREEZING

#### SOME RULES FOR FREEZING – Only freeze fresh foods.

Do not keep frozen foods too long.

Never refreeze.

Keep a record of food stored.

Heat sealing increases protection.

Jars and cans may be used for fruits and vegetables.

Label everything you freeze.

Freeze immediately after packing.

Blanch all vegetables before freezing.

Cool and drain immediately.

Roasting chickens or turkeys. They may be stuffed ready for oven up to 4 weeks. The stuffing must be thoroughly cold before placing in cavity. Wrap giblets separately.

Glazing with ice is one method of protecting flavor of fish during storage.

Cream can be frozen for future use. Place enough cream for use at one time in glass freezing jars. Store not longer than 6 months.

Butter and cheese may be wrapped in moisture-vapor proof paper and stored for 6 to 12 months.

For freezing eggs, separate yolks from whites. For whites, package and freeze. For yolks, add 2 tablespoons of sugar or 1 teaspoon of salt to each pint. Blend carefully with rotary beater but avoid whipping in air. Skim off any air bubbles from the surface before freezing to prevent crusting.

### PREPARED FOODS THAT MAY BE FROZEN

Chicken a la King  
Baked Beans  
Stews  
Spaghetti Dishes

Casserole Dishes  
All Cooked Meats  
Meat Loaves  
Roast Fowl - Turkey

Meat Pies  
French Fried Potatoes  
Soups  
Fruits and Vegetables  
Juices

## BRUNSWICK STEW

25 hens, cooked, boned and cut  
5 lbs. pork  
6 gal. peeled onions  
8 gal. cut corn  
3 cups salt  
1/2 cup black pepper, if desired  
1/2 cup sugar, if desired

10 lbs. boned beef, cut  
21 gal. peeled potatoes  
12 gal. peeled tomatoes  
3 gal. lima beans  
4 lbs. butter  
red pepper to taste

Cook hens, beef, pork, potatoes and onions until the potatoes are cooked and free of lumps. Add other ingredients. Cook in big iron pot approximately 8 hours. Stir constantly.

## POTATO SALAD

Serves 50 People

12 lbs. potatoes  
1 pt. mayonnaise  
1 tbsp. vinegar  
8 pieces celery

12 eggs  
1 tbsp. prepared mustard  
1 pt. chopped sweet pickle

Makes 3 gallons of potato salad.

## ORANGE DATE BAR

Yields 96 Bars

12 oz. butter  
1 lb. sugar  
6 eggs  
14 oz. brown sugar  
1 tbsp. orange extract  
2 tbsp. orange rind, grated

1/2 oz. baking powder  
1 tsp. salt  
1 lb. 2 oz. dates  
1 oz. powdered sugar  
1-1/2 cup orange juice  
1 lb. 4 oz. flour

Cream shortening, sugar and orange extract on medium mixer speed until light. Add eggs, orange juice and rind. Beat on high speed for 5 minutes. Combine dry ingredients with chopped dates so pieces are coated. Mix into creamed mixture. Spread batter in greased sheet pan. Bake at 350 degrees for 25 minutes. Cool slightly, sift powdered sugar over cookies while still warm. Cut each sheet pan into 12 bars across and 9 bars lengthwise.

## PICNIC MEAL FOR 100 PEOPLE

20 chickens  
9 doz. deviled eggs  
7 qts. pickle  
7 cakes  
5 gal. potato salad

2 hams  
9 doz. pimento cheese sandwiches  
20 pies  
1 lb. tea  
2 lb. coffee

## PUNCH

Serves 25

3 tbsp. tea leaves  
4 cups boiling water  
1-1/2 or 2 cups sugar  
1-1/2 cups boiling water  
8 whole cloves  
6 oranges or 1 can concentrate

6 lemons or 1 can concentrate  
1 46-oz. can pineapple juice  
1 tsp. almond extract  
3 qts. ice water or gingerale  
1 bottle Maraschino cherry juice

Steep tea in 4 cups boiling water 5 minutes. Strain and cool. Make a syrup by boiling 1-1/2 cups water, 1-1/2 cups sugar, cloves, 1 orange, 1 lemon peel for 5 minutes and cool. When cool combine tea, syrup and other ingredients except chilled water or gingerale. Allow to stand 1 hour or until ready to serve. Add chilled water and chipped ice.

## PINK PUNCH

Serves 35 to 40

1 large 46-oz. can pineapple juice  
2 cups boiling water  
2 pkgs. strawberry jello  
6 cups cold water

1/2 cup sugar  
1 can frozen orange juice  
1 can frozen lemonade  
1 qt. gingerale

Add boiling water to jello. Stir until dissolved. Add cold water and juices. Add gingerale just before serving. Garnish punch bowl with slices of lemon or orange. Place a bunch of plastic flowers in center of each slice and let float on top of punch.

## RED SATIN PUNCH

Serves 35

1 qt. apple juice  
10 bottles 7-Up

2 pts. cranberry juice cocktail

Fill two trays with 7-Up and freeze until firm. Mix together apple juice and cranberry juice cocktail. Just before serving time add the remaining 7-Up. Pour into punch bowl over frozen 7-Up.

## HOT SPICED TEA

Serves 25 to 30

4 qts. water  
1 tsp. whole cloves  
1 stick cinnamon  
1/3 cup tea or 15 tea bags

1-1/4 cups sugar  
1 cup orange juice  
3/4 cup fresh lemon juice

Add spices to water. Bring water to full boil. Remove from heat. Add tea immediately. Brew 4 minutes. Strain. Add sugar, stir until dissolved. Add fruit juices. To reheat for serving place over low heat. Do not boil.



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